GTA POKER PLAYER WINS RECORD CASH, PG 3

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TORONTO • MONDAY JANUARY 12 2009 metro

Sports pg 15

Steelers triumph in NFL battle

Canada Post increases mail rates

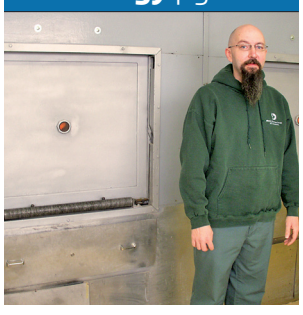
POSTAGE Canada Post is raising its mailing rates today. The cost of mailing a first-class letter within Canada will increase to 54 cents from 52. Letters to the United States increase by two cents to 98 cents, while letters to all other foreign countries rise by a nickel to $1.65. The Crown corporation also plans to cash in on online shopping with a 100 per cent increase in postal rates for thick envelopes that are widely used to ship Internet purchases. Packages weighing between 200 grams and 500 grams will jump to $5.50 from $2.25.

THE CANADIAN PRESS

Going Green pg 18

Economical driving for tough times

Workology pg 20



Not a job for faint hearts

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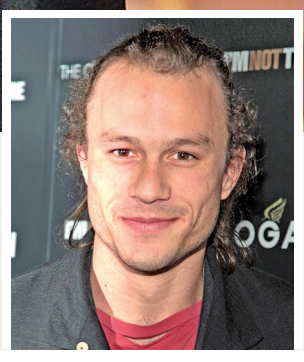
Golden Globe

Winslet's double win

NBC HANDOUT/THE ASSOCIATED PRESS



Kate Winslet accepts the best supporting actress award for The Reader at the 66th Annual Golden Globe Awards yesterday in Beverly Hills, Calif. The British star also bagged the best actress award in the drama category for Revolutionary Road. Heath Ledger, inset, won the best supporting actor award posthumously for his role in The Dark Knight. Slumdog Millionaire picked up four awards, including best drama and director. More coverage, pg 23

'Two-beer' defence put to test

New federal legislation that virtually abolishes a "two-beer" defence to an impaired driving charge is being pulled into court for a legal spot check.

Before the new legislation took effect last July 2, people accused of driving with more than .08 milligrams of alcohol in 100 millilitres of blood — particularly if they were only marginally over the limit — would often argue they had consumed just two beers. They might also say they drank the last one not long before the breath test, which could have resulted in more alcohol in their breath than in their blood.

Under the new changes, part of the federal government's Tackling Violent Crime Act, accused people who want to challenge a breathalyzer result are now required to provide the court with technical evidence proving the equipment was malfunctioning or wasn't operated properly.

The first step in the legal challenge begins today when defence lawyers and the Crown appear in the Superior Court of Justice in Toronto for arguments over which level of court should hear the challenge.

"The particulars of the breath machines ... are shrouded in secrecy."
Joseph Neuberger

Law professor Alan Young and defence lawyer Joseph Neuberger represent three men charged with having unlawful blood alcohol levels.

Young and Neuberger believe the legislation is unconstitutional because it no longer permits them to raise reasonable doubt about the validity of a breathalyzer result by calling evidence about their clients' pattern of alcohol consumption.

"The particulars of the breath machines, including maintenance records, specs and the manufacturer's manual are shrouded in secrecy, withheld by the Crown and the manufacturer," Neuberger said.

TORSTAR NEWS SERVICE

Shells keep pounding Gaza as Israel advances deeper

CONFLICT Israeli ground forces made their deepest foray yet yesterday into Gaza's most populated area.

Tanks rolled into residential neighbourhoods and infantry fighting heightened in streets and buildings with Hamas militants keeping up their rocketing of southern Israel.

An Israeli army spokeswoman said residential neighbourhoods in Gaza are riddled with homemade bombs and booby traps, including mannequins placed at apartment entrances.

Late yesterday, dense plumes of smoke from explosions rose over Gaza City and heavy gunfire was heard just south of the city.

Early today, Israeli navy gunboats fired more than 25 shells at Gaza City, setting fires and shaking office buildings.

Gaza medical officials say at least 870 Palestinians, about half of them civilians, have been killed in the conflict that began Dec. 27.

Thirteen Israelis have also died. THE ASSOCIATED PRESS

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Youth in hospital after being pistol whipped
A young man is in hospital after being pistol-whipped and robbed by four men in the hall of his Etobicoke apartment building. Police are searching for four men, all described as 30 to 35 years old. One was black, about 6 feet tall, with a medium to muscular build and collar-length black dreadlocks. **TORSTAR NEWS SERVICE**

Local

5-pin bowling celebrates 100th year

This year, with characteristically subdued fanfare, the purely Canadian sport of five-pin bowling reaches its centennial. It was 100 years ago, here in Toronto, that bow-tie-wearing Thomas F. "Tommy" Ryan invented five-pin bowling, in a 10-pin bowling alley made to resemble a southern plantation, with potted palm trees and with a string orchestra.

TORSTAR NEWS SERVICE

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Tomorrow's Metro

Style

Canadian designers offer up their inauguration outfit suggestions to Michelle Obama.

metronews.ca

What's online today.

Video New Brunswick community mourns the anniversary of fatal van crash at **metronews.ca/canada**

Video Quebecers split with fellow Canadians over support for coalition **metronews.ca/canada**

Video Remembering when the army dug Toronto out from the snow at **metronews.ca/canada**

Lotteries

Ontario Pick 3: 6 4 2.; **Ontario Pick 4** : 8 8 8 3.; **Encore:** 7626887; **Daily Keno:** 6, 8, 9, 10, 11, 12, 15, 16, 21, 26, 32, 35, 45, 48, 52, 59, 61, 67, 68, 70. These results are not official.

Richmond Hill kid rakes it in

MARTY YORK
marty.york@metronews.ca

Late Saturday night, at a luxurious resort on Paradise Island in the Bahamas, Pooria Nazari's first name became an oxymoron.

That's when Pooria, a 22-year-old, biochemistry graduate out of McMaster University and from Richmond Hill, Ont. became a multi-millionaire with a first prize of $3-million

"I'm really not sure what I'll do with this money."
Pooria Nazari

U.S. in the largest poker tournament outside Las Vegas.

Not a bad return for the youngster's original $33 investment online at PokerStars.net. In a Hollywood sort of finish at the final table of the PokerStars Caribbean Adventure, Nazari needed only the fourth hand of heads-up competition against American Tony Gregg before winning the championship and striking it rich.

Gregg had raised the pot up to $650,000, Nazari made it $2-million, and Gregg shipped it all in.

"How much, like $8-million?" Nazari, in his dark sunglasses, asked with little emotion. "I call."

And he scraped out the triumph with a pair of tens, beating Gregg's queen-high. Gregg garnered $1.7 million as the bridesmaid, but Nazari made history with top spot among the 1,347 participants who competed for six days. "I'm really not sure what I'll do with this money," a subdued Nazari said afterward. "It's just a little hard for me to believe right now."

Fees arrive at Loblaws for grocery bags

MONEY The Loblaw grocery chain in Toronto begins charging customers 5 cents a plastic bag today and says "partial proceeds" from the fee will go to World Wildlife Fund-Canada.

The chain announced the ongoing donation yesterday but said it won't reveal how much of the money goes to the conservation group until April, when its pay-for-plastic initiative goes nationwide.

Loblaw also introduced new signs in stores reminding shoppers to bring their own reusable bags and promotions including a sale on reusable bags.

The company also announced the bags shoppers get for a nickel will be extra thick and made from "plastic waste material."

The city originally planned to force retailers to give customers a 10 cent refund if they brought their own bags but, after lobbying from the grocery industry and promises of donating partial bag revenues to environmental causes, councillors last month instead approved the mandatory five-cent fee for Toronto stores, effective June 1.

TORSTAR NEWS SERVICE

CARLOS OSORIO/TORSTAR NEWS SERVICE

Loblaw kicks-off the New Year with the launch of its Together We Can Help the Environment campaign aimed at reducing plastic shopping bags.

Mel recalls calling in the army

WEATHER As Environment Canada predicts more snow this week along with temperatures plunging to nearly –20C, Mel Lastman is warmly recalling his decision 10 years ago to call in the military to fight a snowstorm.

It was January 1999, with the city buried under a metre of snow, when the then-mayor delighted the rest of the country by drafting Canadian soldiers to battle drifts and liberate buried bus shelters.

With the weather for this Thursday expected to drop to a low of –19C (about –30C with the wind chill), Lastman muses about whether he would repeat his actions if the need arose.

He pauses for a moment, and replies: "Would I do it again? You're darn right I would!" **TORSTAR NEWS SERVICE**

News in brief

WATER BOTTLES The banning of plastic water bottles is such a hot topic that water expert Maude Barlow decided to keep the debate alive with a 15-city tour of Ontario cities, beginning in Windsor today, with a plan to promote the merits of maintaining "safe and affordable" tap water.

TORSTAR NEWS SERVICE

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Lucky Seven store robbed at gunpoint

The Lucky Seven convenience store was anything but on Friday evening when a masked man walked in and pointed a gun at the 24-year-old clerk. The suspect was described as 25 to 30 years old, black, with a medium build, about 5-foot-8 and 160 to 180 pounds. TORSTAR NEWS SERVICE

It pays to take developer's dollars

New research reveals information on funding behind city elections

Election campaigns in Toronto's satellite municipalities are mainly bankrolled by corporate money, most of it from the same developers responsible for cascading sprawl in the region, new research suggests.

No one thinks city councillors can be bought by a developer's $750 campaign contribution, the maximum allowed per donor.

But Robert MacDermid, an associate professor of political science at York University who is publishing a paper on the subject today says the sheer amount of cash flowing from developers to incumbents — as opposed to coming from citizens who believe in a candidate's platform — erodes the concept of democratic representation.

In the 905 in 2006, election winners got 54.3 per cent of their funding from developers, losers 35 per cent. In Toronto, the numbers are 12 per cent and four per cent.

Corporate gifts

- According to the figures, Pickering and Vaughan city councils are the most beholden to corporate interests.
- Collectively, corporate gifts accounted for 76.7 per cent and 62.8 per cent, respectively, of recorded campaign donations to candidates in those cities (counting donations of $100 or more, for which donors' names and addresses must be publicly disclosed to voters).

Since there are no rules restricting the number of candidates to whom corporations can donate, they often do so multiple times.

MacDermid contends all that money, combined with shortcomings in the Ontario Municipal Elections Act, hinders new candidates.

"It reduces the choice that citizens actually have," he says. "The difficulty with (a candidate) opposing development is that it's hard to find enough money."

There are several factors involved suggests the research. But the abysmal voter turnout, and minuscule citizen interest in municipal politics, means few people bother to donate to candidates.

As one of the few political scientists in Canada studying municipal election financing (he knows of two), MacDermid has made it his mission to lobby for reforms in the Municipal Elections Act. He's published 10 papers on the subject.

TORSTAR NEWS SERVICE

3rd homicide victim found over weekend

DVP AND EGLINTON Marion Lyons, an 81-year-old grandmother who last week became Toronto's third murder victim of 2009, was "friendly" and "outgoing," always willing to lend a hand, shocked friends and neighbours say.

The longtime resident of 5 Shady Golfway, a Flemingdon Park high-rise near Eglinton Avenue East and the Don Valley Parkway, was found dead in her 12th-floor apartment by a family member and a friend last Thursday around 11 p.m

Death

- Family members in London declined to comment on the death.

Police say Lyons was likely killed by an acquaintance.

"This was someone who was in Marion's life," said homicide Det.-Sgt. Pauline Gray yesterday at Toronto police headquarters. Gray said Lyons hadn't been seen for several days, raising concerns of a family member who came to check on the senior's well being. TORSTAR NEWS SERVICE

TONY BOCK/TORSTAR NEWS SERVICE

York music student Chris Chekan plays the blues in a practice studio after little development on the strike front this weekend.

Strike has student hitting off key

EDUCATION York University music student Chris Chekan has plenty of time to brush up on his saxophone skills but no professor to judge his progress.

"I came to York to study with (saxophone professor) Kelly Jefferson. The strike has prevented me from getting lessons. I can't study with him outside of school because he would be breaking his contract."

Chekan, 19, said all the professors are professional musicians who tour during the summer, making it difficult for the university to reschedule classes.

> **"Two weeks without classes was OK but this is too much."**
> Chris Chekan

"It's definitely taking away from the learning experience. Two weeks without classes was OK but this is too much."

Chekan is involved with several student Facebook pages petitioning the provincial government to intervene and asking the school to present an agreeable offer for the striking graduate students, contract faculty and teaching assistants.

"I'm sure a lot of what they're asking for is reasonable, but I don't think it should come at the cost of the other 50,000 people at the school."

TORSTAR NEWS SERVICE

Vaughan's mayor offers olive branch

POLITICS It was classic political theatre.

Vaughan Mayor Linda Jackson used an outdoor news conference on a frozen afternoon to try to mend a frosty relationship with her council.

Linda Jackson

Did it work?

Jackson said she hoped it would, although she admitted disappointment that only two of eight councillors accepted her invitation to shiver outside the Vellore Village Community Centre to launch her Working Together for Vaughan campaign.

The attempt at conciliation comes in the wake of last month's mutiny by councillors, who demanded she quit.

Their complaints against Jackson included violations of city policy over expense claims, a court battle involving alleged election finance irregularities and criticism she lacks good judgment and a good work ethic.

Jackson also said she'd support a 10-point integrity plan put forward by councillors last month.

TORSTAR NEWS SERVICE

Elderly woman falls into ravine

ACCIDENT Noel Wallace said despite his warnings, his 90-year-old mother was determined to keep up an active walking routine near her Malton home.

And so an hour before he was to pick her up Saturday morning, Mary Jane Wallace went for a stroll near Goreway Drive and Derry Road and didn't come back.

Peel police who found her body early yesterday in a creek at the foot of a snow-covered ravine near the local fire station are calling her death a tragic accident.

"The constable said it looks like she slipped and fell into the ravine," Noel Wallace said last night. "It's just terrible."

The police do not suspect any foul play.

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Obama to visit Canada after inauguration

Prime Minister Stephen Harper's office said Saturday that U.S. president-elect Barack Obama has accepted his invitation to come to Canada soon after his inauguration. Four of the last seven U.S. presidents have chosen Canada for their first international visit. THE CANADIAN PRESS

Canada

N.B. crash victims remembered

Family and friends gathered for a memorial service in Bathurst, N.B., yesterday to mark the anniversary of the tragic accident that took the lives of seven high school basketball players and a teacher one year ago. The eight, from Bathurst High School, were just minutes away from safely reaching home after a game in Moncton, when their school van crossed the centre line of a slush-covered highway and veered into the path of a transport truck last January. THE CANADIAN PRESS

Screening fix in works

Passport office eyeing better system for background checks

Canada's passport office is still finalizing a system to check the criminal background of applicants, almost four years after the federal spending watchdog first flagged the security gap.

The office has also dropped out of a national project to devise a quick electronic means of verifying the data on birth and citizenship certificates, used by applicants to obtain passports.

The lingering challenges come to light as Auditor General Sheila Fraser prepares to deliver an update next month on Passport Canada's progress toward fixing various problems identified in April 2005.

At the time, Fraser revealed Passport Canada was hampered by inadequate watch lists, outdated technology and poor record-checking.

She found the agency lacked ready access to information about people wanted by police or on probation. The data are contained in the Canadian Police Information Centre database, known as CPIC, administered by the RCMP.

A "significant investment" would be needed to fully usher in CPIC checks as part of a new computerized case management system, says a recently published progress report from Passport Canada.

THE CANADIAN PRESS

Rush of applicants

- In recent years, Passport Canada has faced a crush of applicants concerned about meeting stringent new U.S. border requirements. As of June 1, Canadians will need a passport or other approved, secure document to enter the United States.

Lawyers, PM split over Khadr

DOCUMENTS Canadian government lawyers have repeatedly raised concerns about the U.S. prosecution of Omar Khadr since he was only 15 when captured, while publicly, Prime Minister Stephen Harper has supported the war crimes trial of the Toronto-born detainee.

Internal government documents obtained by Torstar News Service Star state that "Canada considers that Omar Khadr's juvenile status should be taken into account in all aspects of his detention, treatment, proceedings and possible sentence."

TORSTAR NEWS SERVICE

Tobogganing **Tumble on the snow**

BOM TYMCZUSZYN/THE CANADIAN PRESS

Six-year-old Luca Dosa from St. Catharines takes a spill on a toboggan run yesterday. Mother Nature dumped several centimetres of fresh snow in the region making ideal conditions for snowboarders and toboggans.

Thrill-seekers under scrutiny

Eleven avalanche deaths in the B.C. backcountry over the past several weeks have served as a stark reminder of the risks of enjoying Western Canada's vast and stunning outdoors.

With the risk of more avalanches high, ski resorts are scrambling to keep people inside their boundaries and the province is pondering fines for those who jump the ropes and venture out of bounds.

Now a researcher at Simon Fraser University is trying to profile the thrill seekers who duck under resort ropes and head out into the wild country.

Pascal Haegeli says understanding this thrill-seeking group is key to mitigating out-of-bounds activity.

Haegeli, who is currently conducting research for the Canadian Avalanche Centre, says resorts dealing with seasoned pros that use resort facilities just to get into the backcountry have a steeper hill to climb.

"Out-of-bounds skiers are more motivated with the athletic component of the sport," Haegeli says.

THE CANADIAN PRESS

"Out-of-bounds skiers are more motivated with the athletic component of the sport."
Pascal Haegeli

Neutrality urged in Gaza conflict

PROTESTS Thousands of people, some using stark visual images to illustrate their outrage, demanded that Canada not take sides in the ongoing Middle East conflict in pro-Palestinian demonstrations across the country Saturday. Police estimated about 2,000 protesters were packed outside the Israeli Consulate in Toronto calling for an end to Israeli attacks in Gaza. Many of the protesters were children who carried graphic signs depicting some of the youngest victims of the violence in Gaza. Sentiments were much the same in Ottawa, where a gathering of 1,500 people protested peacefully on Parliament Hill.

THE CANADIAN PRESS

News in brief

POLL Quebecers and Canadians elsewhere in the country are at odds over what should happen if the Harper government is defeated over this month's budget, a new poll suggests. According to the Nanos Research survey provided exclusively to The Canadian Press, Quebecers overwhelmingly said the Liberals and NDP should be given a chance to form a coalition government, propped up by the Bloc Québécois. But a majority of westerners and a plurality of respondents everywhere else favoured calling an election immediately. THE CANADIAN PRESS

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Fish brand recalled

The Canadian Food Inspection Agency is warning the public not to consume a brand of frozen Leatherjacket fish because it may be contaminated with ciguatera toxin. The recall affects School of Fish brand frozen Leatherjacket sold in packages with the production code of H104 and UPC codes UPC 8 74718 00074 0 or 8 74718 00073 3. THE CANADIAN PRESS

News in brief

STRIKE THREAT Ontario's correctional officers are bracing for a potential strike, and if it ends up being anything like the 51-day labour dispute of 2002, life inside the province's jails could become exceedingly ugly in a few weeks. The workers provide an essential service and can't walk off the job entirely, but the last time the Ontario Public Service Employees Union went on strike, staffing levels in the corrections system were minimal and chaos was common. THE CANADIAN PRESS

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Edmonton **Former oil exec's home gutted**

BEN LEMPHERS/FOR METRO CANADA

A house that went up in flames Saturday in Edmonton belonged to former Syncrude president, Jim Carter, neighbours said. The Edmonton Police Arson Unit is investigating the blaze, which was allegedly set by two Molotov cocktails.

Lobbying on trial

An advocacy group that presses for ethical government was slated to be in court today in hopes of forcing tighter rules on those who lobby federal cabinet ministers.

Democracy Watch maintains the current situation is untenable in that it is wrong for a cabinet minister to receive a gift of money, property or services that could influence a decision but not for lobbyists to offer those gifts or services.

"We have to clear it up," Democracy Watch co-ordinator, Duff Conacher, said in an interview yesterday. "We have conflicting rulings right now."

> **"We have to clear it up. We have conflicting rulings right now."**
> Duff Conacher

The Federal Court of Appeal hearing comes after a lower court dismissed a complaint by the Ottawa-based group against a businessman who raised money for a minister he was lobbying.

The initial challenge in Federal Court was launched in November 2006 and sought a review of a decision by the ethics counsellor that former Liberal MP Barry Campbell had not broken the Lobbyists Code of Conduct.

Democracy Watch had complained in 2000 that Campbell, a lobbyist for APCO Canada and several financial-sector clients, should not have been allowed to organize a $70,000 fundraising dinner for a cabinet minister in 1999.

THE CANADIAN PRESS

Inmates injured in prison fight

IN HOSPITAL Four prisoners were taken to hospital Saturday night after "a major altercation" broke out in a living unit at Stony Mountain Institution, a medium-security prison north of Winnipeg.

Prison spokesman Guy Langlois said 100 prisoners were in the affected unit when an altercation among several inmates began about 8:30 p.m. "Inmates barricaded themselves inside a unit and negotiations began to resolve the situation," he said.

About five and half hours later, at approximately 2 a.m., "our team was able to secure the unit." Langlois said early yesterday, without providing details.

Originally, five prisoners were taken for treatment of unspecified injuries, but one was later returned to the institution.

"No staff were injured during this incident," said Langlois. "The institution is currently on lockdown."

He said the incident was taken care of by prison staff and outside police forces were not called in.

THE CANADIAN PRESS

Canadian accused of smuggling cocaine
A 56-year-old Canadian man is accused of importing cocaine into Australia that was hidden in forklift batteries. Australian Federal Police say the man was arrested in Sydney Friday for allegedly importing 10 kilograms of cocaine into the country. THE ASSOCIATED PRESS

World

Obama gear a hot item

There are Barack Obama action figures, coffee mugs, puzzles, bobbleheads, T-shirts, posters, baseball caps, plaques and wristwatches. Americans have already spent almost $200 million on Obama wares over the past few months, and they're showing no sign of letting up. Not only are they stocking up at various retailers in D.C. and beyond, they've also made Obama items top sellers on EBay. THE ASSOCIATED PRESS

Protests for peace sweep globe

Security forces used tear gas and batons to repel anti-Israel protesters who tried to attack a U.S. consulate in Pakistan yesterday, as tens of thousands in cities across Europe, the Middle East and Asia demonstrated against Israel's military offensive in the Gaza Strip.

A protest in the Belgian capital that drew 30,000 turned violent as well, with demonstrators overturning cars and smashing shop windows. And in Manila, Philippines, policemen used shields to disperse students protesting outside the U.S. Embassy.

Israel launched the offensive Dec. 27. Gaza health officials say 869 Palestinians have been killed, at least half of them civilians. Thirteen Israelis have also died.

ANJUM NAVEED/THE ASSOCIATED PRESS

SANG TAN/THE ASSOCIATED PRESS

Left: A woman supporter of a Pakistani Islamic party "Jamaat-e-Islami" holds a placard during a rally to condemn Israeli military attacks on Gaza yesterday. Right: Protesters in a counter demonstration, gather next to Trafalgar Square in London where thousands of protesters gathered in the square for a rally in support of the ongoing Israeli military action against Gaza

Some 2,000 protesters in the Pakistani port city of Karachi burned U.S. flags and chanted anti-Israel slogans. In Spain, as many as 100,000 people attended rallies in Madrid and the southwestern city of Seville, urging Israel to "Stop the massacre in Gaza."

Jewish communities appeared divided on the Israeli operations.

In London, thousands of people gathered at Trafalgar Square to support the action in Gaza, while anti-Israeli protesters held a counter-demonstration nearby.

Peace talks have not been scheduled by either side. THE ASSOCIATED PRESS

Indonesian ferry capsizes, 250 missing

WEATHER A ferry capsized in a severe storm and crashing waves in central Indonesia yesterday and officials said around 250 people were feared dead.

Eighteen survivors were rescued by fishing boats, but the fate of the others remained unclear, said a port official at Parepare on the island of Sulawesi, where the ferry began its journey.

Location
- The ship went down 50 kilometres off the coast off western Sulawesi.

About 250 passengers and 17 crew are believed to have been on board the Teratai Prima when it went down.

THE ASSOCIATED PRESS

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40 militants killed in pre-dawn fight

At least 40 militants were killed and scores wounded yesterday as security forces repulsed a 2 a.m. attack yesterday by about 600 fighters firing mortars and rockets on the Pakistani Frontier Corps' camp in northwestern Pakistan. THE ASSOCIATED PRESS

Biden visits Taliban territory

U.S. prepares to deploy 30,000 troops to region

U.S. vice-president-elect Joe Biden promised U.S. support for Afghanistan's struggle against terrorism, drugs and corruption during a visit yesterday to a region considered a Taliban-stronghold.

The future of the region where al Qaeda planned the Sept. 11, 2001, attacks, Biden said, "affects us all." Biden visited Afghanistan's southern Kandahar and Helmand provinces.

President-elect Barack Obama has promised to end the war in Iraq and refocus U.S. military efforts on Afghanistan, where al-Qaeda-linked militants and the Taliban are making a comeback after initial defeats in the U.S.-led invasion in 2001.

The U.S. is rushing up to 30,000 more troops to Afghanistan and some will go to the southern provinces.

Southern Afghanistan is one of the centres of the Afghan Taliban-led insurgency, which left some 6,400 people — mostly militants — dead in 2008 alone. The southern provinces are also the world's largest drug producing areas, and hundreds of millions of dollars from the trade finance the insurgency, as well as feed corruption among government officials.

Biden said the U.S. will continue with its struggle against terrorism, but also fight the drug trade and help the government tackle the corruption in its midst, said Daud Ahmadi, spokesman for Ghulab Mangal, the governor of Helmand province.

THE ASSOCIATED PRESS

HANDOUT/THE ASSOCIATED PRESS

U.S. vice-president-elect Joe Biden and Maj. Gen. Mart C. de Kruif attend a briefing on activities of coalition forces in southern Afghanistan in Kandahar province, Afghanistan, yesterday.

Prince Harry in trouble over his racist remarks

PRESS British legislators and Muslim groups criticized Prince Harry yesterday after a London newspaper published video footage of him using offensive and racist language.

Prince Harry

Harry, third in line to the British throne and an army lieutenant, issued an apology Saturday after the News of the World reported that he had used offensive terms to refer to people from Pakistan and people of Arab descent.

Harry is purported to have made the remarks in 2006 during a visit to Cyprus to carry out training exercises with fellow military cadets. In the video, Harry is heard to refer to one colleague as "Our little Paki friend" — using a derogatory term for people of Pakistani origin.

THE ASSOCIATED PRESS

'President-elect' for a day

United States Presidential **Inauguration**

PRESS Derrick Brooks puts his left hand on the book and raises his right, ready to take the oath of office. Dozens of cameras capture this moment in history, even though Brooks is wearing a name card reading "Pres.-elect Obama."

"It felt great to be famous for one day," Brooks told reporters after spending hours standing in for Barack Obama during yesterday's rehearsal for the presidential inaugural Jan. 20. Organizers picked Brooks because he resembles Obama in height, weight and skin colour. But he's not an exact match. When Brooks met Obama last Thursday, "he said my ears weren't as big as his." THE ASSOCIATED PRESS

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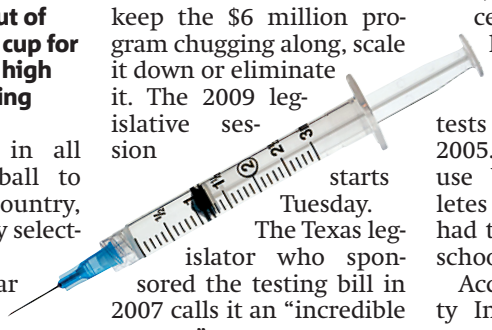
U.S. to rule on mining regulations
The U.S. Supreme Court rules today on mining regulations surrounding a U.S. mines' desire to deposit tailings in an Alaskan lake. THE ASSOCIATED PRESS

To test or not to test

Texas re-opens debate on teen steroid use

By the tens of thousands, Texas student-athletes have been pulled out of class to urinate in a cup for the nation's largest high school steroids testing program.

Boys and girls in all sports, from football to tennis to cross country, have been randomly selected.



The results so far have found little to confirm fears that steroid use is a rampant problem. When the first 10,000 tests found only four positive results, critics declared the two-year program a waste of time and money.

Now state legislators must decide whether to keep the $6 million program chugging along, scale it down or eliminate it. The 2009 legislative session starts Tuesday.

The Texas legislator who sponsored the testing bill in 2007 calls it an "incredible success."

The point of testing was to act as a deterrent against steroid use, not catch teens using drugs, said Representative Dan Flynn, a Republican.

"We don't have a bunch of pelts hanging on the wall,'' Flynn said. "The success is that we haven't had a lot of positive tests.''

Momentum for tests started building in 2005. Headlines of steroid use by professional athletes fuelled concerns it had trickled down to high schools.

According to a University Interscholastic League report released Dec. 1, the first 10,117 tests produced only the four confirmed cases of steroid use. Another 22 cases were deemed "positive" results because students broke testing rules. THE ASSOCIATED PRESS

Illinois couple pick local Taco Bell for wedding

ODD NEWS Wedding bells meant Taco Bell for Paul and Caragh Brooks.

Customers inside the Normal, Ill., fast-food restaurant continued to order tacos and burritos as the couple sat Friday in an orange booth at Taco Bell and exchanged vows.

Employees displayed hot sauce packets labelled with the words "Will you marry me?" They decorated the restaurant with streamers and balloons.

The bride wore a $15 hot pink dress and the entire wedding cost about $200. Several dozen guests looked on as the couple's friend, Ryan Green of Normal administered the vows while wearing a T-shirt. He had been ordained online.

Caragh Brooks, 21, of Australia, met Paul Brooks, 30, on an Internet dating website.

THE ASSOCIATED PRESS

TORONTO Building a great city - *together*

The City of Toronto holds public consultation as one way to engage residents in the life of their city. Toronto thrives on your great ideas and actions. We invite you to get involved.

Yonge Subway Extension

Public Consultation

Date: Tuesday, January 20, 2009
Time: Open House 5 – 7 p.m., Presentation 7 – 8:30 p.m.
Location: North Toronto Memorial Community Centre*
200 Eglinton Avenue West

We invite you to attend a public consultation meeting on the Yonge Subway Extension (from Finch Avenue to Highway 7). We will discuss the subway's alignment, stations, existing Yonge Subway capacity issues and planned improvements to the service levels and capacity on the existing Yonge Subway line.

The proposed subway extension is being studied in cooperation with representatives from the City of Toronto, TTC, The Regional Municipality of York and York Region Rapid Transit.

The study partners have been engaged in discussions with the public. Concerns have been expressed about the impact of this project on existing Yonge Subway users. Join us and have your say!

* paid parking available under Community Centre
Visit www.toronto.ca/involved or call Carolyn Embury at 416-397-8765 for more information.

VIVA York Region

Information will be collected in accordance with the Municipal Freedom of Information and Protection of Privacy Act. With the exception of personal information, all comments will become part of the public record.

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Comment & Views

Comment

It's better left unsaid

Or men should just learn to read a woman's mind

HineSight

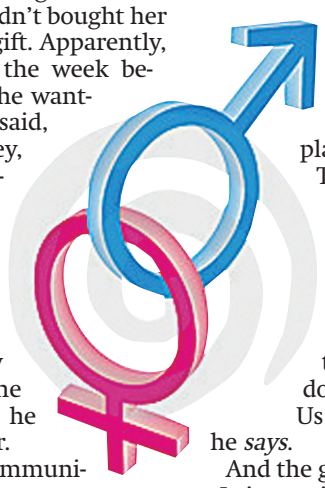
Anne Hines

Someone said, "Life is lived in the subtext." I'm not sure who said it. Possibly me.

What it means is, if you want to find the truth of what another person is thinking, it's not enough to listen to what they say. You have to search underneath, far below the surface to find out what's really going on. Depending on how you look at it, this is either wise, insightful life advice or an excellent plot for a sci-fi movie.

When it comes to dealing with subtext, people fall into two categories. Some have no idea subtext exists. Generally, we call these people "men." This accounts for painful events like this.

A week ago, a friend called, sobbing that her husband hadn't bought her a birthday gift. Apparently, he'd asked the week before what she wanted — she'd said, "Oh honey, being married to you is enough," and, inexplicably in the opinion of every woman she told this to, he believed her.



All miscommunication between men and women could be eliminated entirely if men would take the time to learn one simple skill — how to read our minds. Women, on the other hand, not only know subliminal messages exist, we've turned it into an extreme support. I've spent many hours with my girlfriends, hunkered over glasses of red wine and low-fat nacho chips, happily playing "Guess The Subtext."

Friend: He isn't taking me to the basketball game. He says it's because I keep telling him I don't like sports.

Us: That's what he *says*.

And the game begins.

It is possible for subtext to go unrecognized between two women. On the flimsy excuse that she has vacation days to use or she'll lose them, and I have no time off available, my partner, Liz, recently announced that she's going on a cruise with her mother and without me. My subtext went like this:

Me: That's so great. I'm happy for you.

Subtext: You're what?

Me: I mean, what would you do if you stayed here?

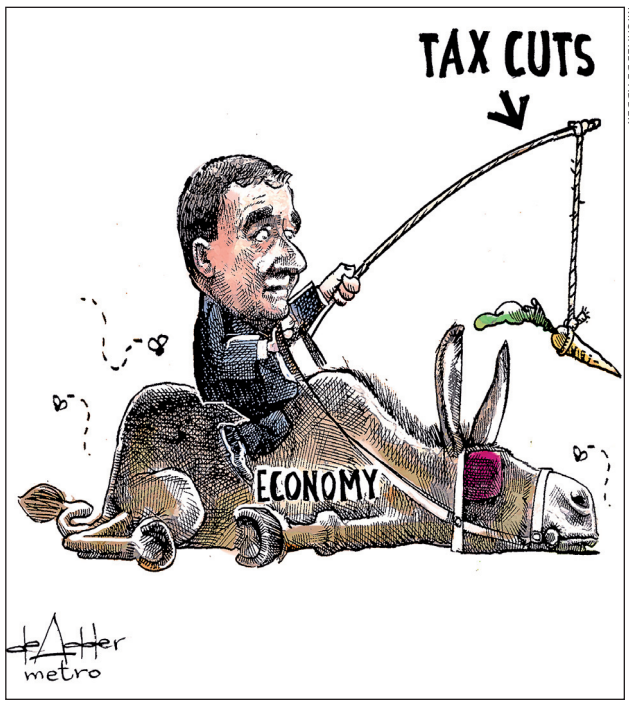
Cook me dinner, paint the laundry room like you keep promising, be waiting at the door when I come home …

Me: Of course, I'm happy for you. I love you.

Even more than my iPod. I love my tunes. Hey, if Liz is away I can crank up the David Cook CD, sing really loud and practise my rock moves in the living room … naked!

So maybe sometimes, there are things better left unsaid.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



MICHAEL DE ADDER

Worth mentioning

U.S. group urges ban on cellphones while driving

A U.S. national safety group is advocating a total ban on cellphone use while driving, saying the practice is clearly dangerous and leads to fatalities.

The National Safety Council says states should ban drivers from using hand-held and hands-free cellphones.

It also says businesses should prohibit employees from using cellphones while driving on the job.

The council's president and chief executive, Janet Froetscher, likens talking on cellphones to drunken driving, saying cellphone use increases the risk of a crash fourfold.

No state currently bans all cellphone use while driving.

California, Connecticut, New Jersey, New York, Utah and Washington and the District of Columbia ban the use of hand-held cellphones behind the wheel.

THE ASSOCIATED PRESS

Views

Keeping your wits in crowds, busy times

InTransit

Ed Drass

transit@eddrass.com

Why do we act differently in crowded conditions than at other times?

Carrie Clynick of Toronto writes how things got out of control recently at St. George station: "I noticed when I was about halfway up the escalator (which was standing room only) that the flow of traffic on the stairs to my right had stopped. Too many people had congregated at the top … as they waited for the southbound train.

"Someone yelled, 'Don't get on the escalator!' to the patrons below and … people certainly started to panic and cry out. I felt completely helpless and didn't know what to do.

"It then became apparent that there was plenty of room on the north/south platform … but no one wanted to move from their spot."

She continues, "What if there had been children or elderly people trapped up top with us? They might have been trampled."

Spokesperson Brad Ross says the TTC does follow overcrowding protocols, including slowing trains to a crawl as they enter stations, dispatching supervisors to crisis locations, as well as turning off escalators to decrease passenger flow into a crowded area.

However, the reader describes a situation that may have developed in a very short period — at a key subway junction.

Ross states the TTC has more often sent personnel to severe crowding situations at the Yonge-Bloor interchange, urging patrons to move along platforms to more open areas.

He says this year the agency plans to improve the communication flow to and from station collectors.

The TTC may have a lot of upgrades to perform across the system, but I suggest a greater focus on the risks of subway crowding.

Riders — including those aboard packed buses or GO trains — can contribute by upping the courtesy factor during busy periods. Particularly avoid impeding passenger flow around doorways or escalators.

If you notice an inexplicably stopped escalator, tell station staff about it. Such alerts often come only from patrons.

Toronto-based transport writer Ed Drass covers transit issues every Monday.

Quick tip

- For your own security, guard purses and wallets. Prepare a game plan for the rare — but real — possibility of inappropriate physical contact. If someone touches you persistently, you can activate the passenger assistance alarm on trains (or ask someone to do it for you).

Quote of the Day

"We arranged it so that senior citizens could go around the corner to get milk, so that people could get on the TTC."

— Former Toronto mayor Mel Lastman recalls his decision 10 years ago to call in the military to fight a snowstorm.

TORSTAR NEWS SERVICE

Metro Online Poll Results

Are you worried about nanotechnology?

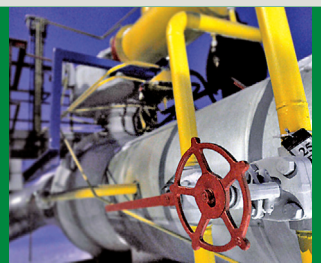
68% SAID Not at all
13% SAID Not sure
11% SAID Very
8% SAID Somewhat

Weigh in on today's question at metronews.ca

It's your turn to tell others what you think. E-mail your thoughts and opinions to: torontoletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Auto parts maker Formet laying off another 120 workers
Magna International's auto parts maker Formet is letting go 120 workers at its St. Thomas, Ont., plant, leaving about 1,000 employees to look after building pick-up truck frames. Formet cut 400 jobs in September when General Motors closed its Oshawa facility. THE CANADIAN PRESS

Business



EU to monitor gas flow

European, Russian and Ukrainian monitors are deploying to gas pumping stations across Ukraine to track the flow of Russian gas through Ukraine pipelines as Russia prepares to resume gas supplies to Europe under a pact signed early yesterday.

THE ASSOCIATED PRESS

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Detroit auto show strips out the glitz

SPARTAN With the auto industry suffering and Chrysler and General Motors on government life-support, this year's North American International Auto Show in Detroit will be a spartan affair.

Several prominent automakers, including Nissan, Mitsubishi, Porsche and Suzuki, are skipping one of the world's most important auto shows.

However, more than 6,300 journalists from around the world have signed up for the three press preview days starting yesterday, about 100 more than last year.

So far, the automakers have committed to revealing 50 new models. That's down from 58 last year.

THE ASSOCIATED PRESS

Calm seen ahead of Obama inauguration

Stock markets could be in for a relatively stable week as investors look to the inauguration of president-elect Barrack Obama and the details of a massive stimulus package.

"I think also the markets now will be watching to see if there is any further improvement on the credit market front and general signs that perhaps the deepest part of the downturn is behind us," said Doug Porter, deputy chief economist at BMO Capital Markets.

"That's not to say we're going to be looking for growth any time soon but at least the economy won't fall as quickly as it did in the fourth quarter — I think that's what the market will be looking for."

"The markets now will be watching ... (for signs) that perhaps the deepest part of the downturn is behind us."
Doug Porter

Stock markets in Toronto and New York ended the first full week of 2009 trading lower, after initially racking up some early gains, as retail and employment data indicated that the U.S. recession could be longer and deeper than was thought — and that even discount retailers won't get off lightly.

Sentiment further darkened after Friday's news that the American economy shed just over half a million jobs last month. That news was actually tempered with some relief, as many traders were worried that job cuts would come in at around 800,000.

The news was also grim in Canada where almost 35,000 jobs were lost during December.

"On the one side, we can say they were really no worse than expected but that doesn't take away from the fact that the expectations were horrendous," said Porter.

THE CANADIAN PRESS

First peek at national securities regulator

Canada's investment industry will get to see what a new national securities regulator might look like today when a long-awaited report is released.

A panel set up to study having a single regulator to oversee Canada's financial markets — that would replace the current system of 13 separate provincial and territorial regulatory agencies — will release its recommendations and a model for draft legislation.

Those who favour a national regulator argue the current fragmented system is ineffective when it comes to enforcing securities regulation. They also say a national regulator would provide more transparency for investors.

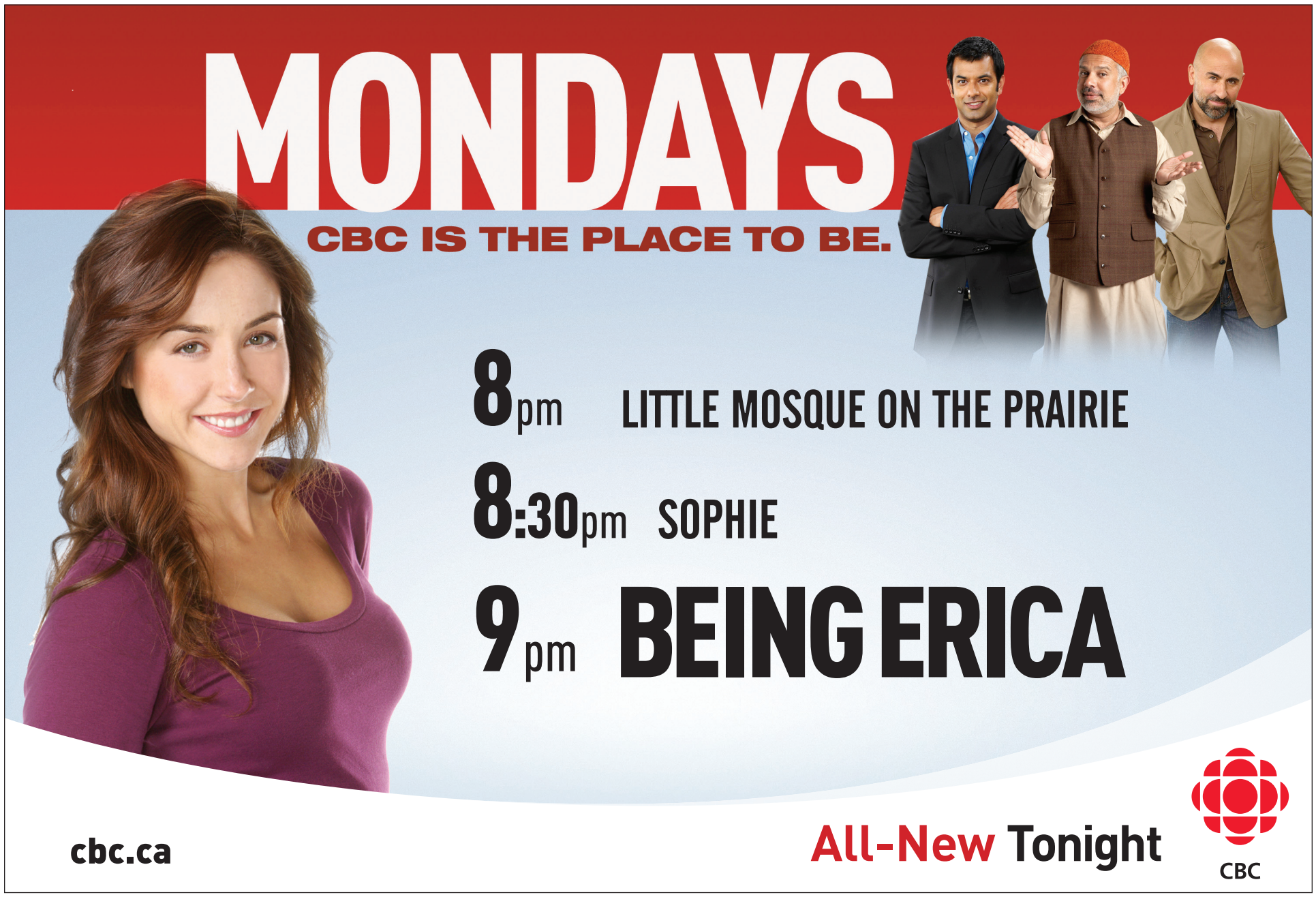
Those who oppose say a national regulator is unnecessary and that the current regulation is better because of the specific needs of firms by province.

Many provinces advocate a so-called passport system that would allow each jurisdiction to continue setting policies and rules according to local needs while co-ordinating their efforts nationally.

THE CANADIAN PRESS

For and against

- Quebec and Alberta have been the biggest opponents of the plan, while Ontario has been a long-time supporter. British Columbia has been critical of the move until recently.
- Canada is the only major country without a single securities regulator.



Tech geeks meet porn stars when trade-show worlds collide

The geek squad at the Consumer Electronics Show, which ended yesterday, got an eyeful from scantily clad porn stars displaying their wares, among other things, at the Adult Entertainment Expo on the same hotel floor along the Las Vegas strip. THE CANADIAN PRESS

Brokerages may combine operations

DEAL A deal to combine the brokerages of Citigroup and Morgan Stanley appears just days away.

Morgan Stanley is likely to pay Citigroup $2 billion US to $3 billion US for a 51-per-cent stake in the brokerage Smith Barney, a person said. Morgan Stanley would then have the option to buy Smith Barney over the next three to five years.

A combination of the units would help Citigroup get more much-needed cash and cut costs while Morgan Stanley would get a bigger staff to compete with other growing brokerages — particularly Merrill Lynch, which recently was acquired by Bank of America Corp.

THE ASSOCIATED PRESS

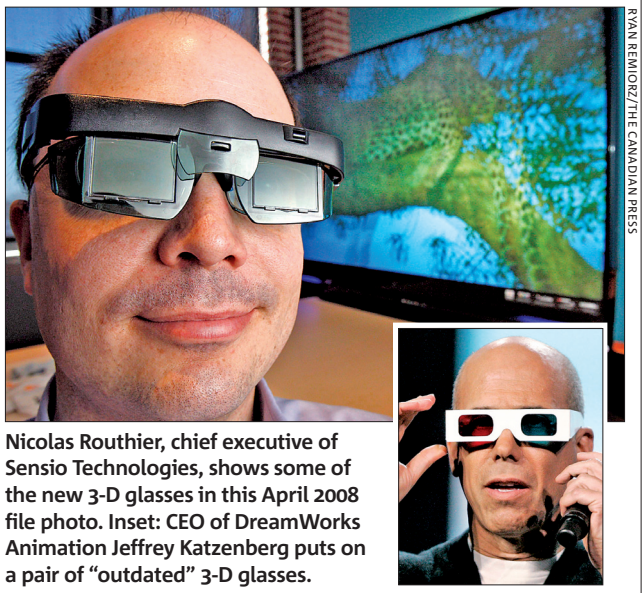
Montreal firm displays 3-D video innovation at global tech show

HIGH-TECH Old-fashioned 3-D has gone high-tech.

New technology being developed by Canadian firm Sensio Technologies Inc. that transforms 3-D into a smooth, digital experience and is soon to be available on consumers' TVs was on display Saturday at the Consumer Electronics Show.

Consumers will be able to buy a TV set that is 3-D ready, stream video on their computers in 3-D, play video games and watch live concerts or sporting events in this format without the ill effects.

Sensio's technology has been used in the broadcast of live concerts and sports events in theatres, 3-D movies on DVD, TV sports events and shows.



RYAN REMIORZ/THE CANADIAN PRESS

Nicolas Routhier, chief executive of Sensio Technologies, shows some of the new 3-D glasses in this April 2008 file photo. Inset: CEO of DreamWorks Animation Jeffrey Katzenberg puts on a pair of "outdated" 3-D glasses.

The Montreal company is betting that consumers want a reality-like experience.

"A lot has changed since the 1950s,'' Sensio CEO Nicolas Routhier said in Las Vegas yesterday.

THE CANADIAN PRESS

Top Satyam execs held

Founder, brother charged

Indian police arrested the chief financial officer of outsourcing giant Satyam Computer Services on Saturday, the third executive to be charged in a massive fraud scandal that threatens to roil India's flourishing tech industry.

The arrest of Vadlamani Srinivas came as authorities tried to contain the $1-billion US fraud scandal by dissolving the company's board and announcing plans to name 10 new replacements.

The scandal broke Wednesday when Satyam's founder and former chairman, B. Ramalinga Raju, confessed to filling the company's balance sheets with "fictitious" assets and "non-existent" cash.

Raju resigned the same day, along with his brother, managing director B. Rama Raju. The siblings have been arrested and were charged Saturday with criminal conspiracy, forgery, breach of trust and falsifying documents and face up to life in prison.

Srinivas, the third-ranking executive, was charged with the same offences.

Corporate Affairs Minister Prem Chand Gupta dismissed Satyam's board late Friday night. A judge on Saturday ordered Raju and his brother to be held in judicial custody until Jan. 23 while the investigation continues, said Raju's lawyer, S. Bharat Kumar.

Satyam employs 53,000 people. Its clients include Fortune 500 companies, including Nestle, General Electric and Ford Motors.

THE ASSOCIATED PRESS

Fallout

- The fallout from the Satyam scandal could extend to Canada, where the Indian outsourcing industry has carved out a niche in southern Ontario because of the province's proximity to the U.S. heartland.

In brief

ELECTRIC CAR Magna International is teaming up with Ford Motor Co. to produce a fully electric car that will get up to 160 kilometres on a single charge, the Canadian auto parts giant announced yesterday. The small car will be on the market in 2011, Magna said. Based on the Ford Focus platform, the car will run on a lithium-ion battery. It will have an on-board battery charger capable of plugging into a 110- or 220-volt standard outlet and will be able to recharge in six to 12 hours, depending on the voltage. THE CANADIAN PRESS

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Ferbey downs Howard to claim Skins Game title
Edmonton's Randy Ferbey won the $100,000 Casino Rama Curling Skins Game in Rama, Ont., yesterday by defeating Glenn Howard from Coldwater, Ont., in the final. Ferbey earned $70,000 for his second skins title. THE CANADIAN PRESS

Sports

Tebow opts to stay in school

Tim Tebow, left, is coming back. The Florida quarterback told a crowd celebrating the school's latest national title yesterday he wants to lead the Gators to another championship. Tebow thrilled the 40,000 fans by saying: "Oh, by the way, let's do it again. I'm coming back." In 2007, Tebow became the first sophomore to win the Heisman Trophy. In the Gators' 24-14 win over Oklahoma on Thursday night, Tebow completed 18 of 30 passes for 231 yards and two touchdowns. THE ASSOCIATED PRESS

SPORTS@METRONEWS.CA

Stepanek claims title Down Under

TENNIS Radek Stepanek of the Czech Republic came from a set down for a third straight match to beat Spain's Fernando Verdasco 3-6, 6-3, 6-4 yesterday in the Brisbane International final.

Radek Stepanek

The eighth-seeded Stepanek claimed his third ATP career title in two hours 13 minutes. He celebrated his win with a comical attempt at on-court break dancing before a capacity crowd of 5,500 at Pat Rafter Arena.

The third-seeded Verdasco started off strongly. But Stepanek overcame early serving problems and then mixed up an array of deft drop shots and big forehands to extend a 3-0 record against Verdasco.

"I'm very happy with the way I played this week," Stepanek said. "I was fighting from the first to the very last point each match." THE ASSOCIATED PRESS

Canucks win two medals in Austria

SNOWBOARD It was a double-medal day for Canada at the World Cup snowboard cross in Austria yesterday.

Dominique Maltais of Montreal finished second to American Lindsey Jacobellis on Sunday while Mike Robertson of Canmore, Alta., placed third in the men's event.

Maltais earned her first podium finish of the season. THE CANADIAN PRESS

Groves continues to dominate

SPEEDSKATING Kristina Groves of Ottawa won both the ladies' 1,500-metre and 5,000 yesterday at the Continental Qualifiers held at the Utah Olympic Oval.

Winnipeg's Brittany Schussler came in second in the 1,500. Schussler also placed third in the 5,000.

On the men's side, Jay Morrison of Fort St. John, B.C., came in third place in the 1,500m with a time of 1:46.61. THE CANADIAN PRESS

Steelers light up Chargers

Eagles down Giants to make it three road winners for the weekend

NFL RESULTS

Fittingly enough, the Pittsburgh Steelers brought back the home-field advantage to the NFL playoffs. Now they get to stay at home for the AFC championship game, and against the rival they dislike more than any other.

The team with the NFL's best home-field record since the 1970 NFL merger shook off a 7-0 deficit barely two minutes into the game, controlled pint-sized playmaker Darren Sproles and returned some normalcy to the NFL postseason by beating the San Diego Chargers 35-24 in an AFC divisional game yesterday.

With a now-healthy Willie Parker running for 146 yards and two touchdowns, Ben Roethlisberger ignoring his late-season concussion to throw for a score and lead an efficient offence, the Steelers did what the favoured Titans, Panthers and Giants couldn't do by winning at home. It was the first time since 1971 that three road teams won during a single playoff weekend, and the Steelers made certain that road teams didn't go 4-for-4.

"What else would you expect, us and the Ravens," Steelers coach Mike Tomlin said. "It would be big if it was a scrimmage. This is for the AFC championship."

CHRIS GRAYTHEN/GETTY IMAGES

Santonio Holmes of the Pittsburgh Steelers fights off defenders to score a touchdown on a 67-yard punt return against the San Diego Chargers during their AFC playoff game yesterday at Heinz Field in Pittsburgh. The Steelers defeated the Chargers 35-24.

NFL Conference Championship games

Both games scheduled for Sunday, Jan. 18

- **NFC:** Philadelphia (11-6-1) at Arizona (11-7), 3 p.m.
- **AFC:** Baltimore (13-5) at Pittsburgh (13-4), 6:30 p.m.

Eagles 23, Giants 11 — Donovan McNabb will get another chance to chase that elusive Super Bowl title. Eli Manning threw away his opportunity to defend it.

McNabb made all the big plays that Manning did not, and the Eagles eliminated the New York Giants 23-11 yesterday to reach the NFC title game for the fifth time in eight seasons.

"He is the best quarterback in the NFL," Eagles coach Andy Reid praised his guy. "I don't think I have to say anything more than that."

Manning, meanwhile, never resembled the poised quarterback who won last year's Super Bowl MVP award.

Five times New York got inside the Eagles 20. The result? A mere three field goals.

"When we needed to get something done, get a spark to make a big play, that's when we didn't do our best," Manning said.

Credit Philadelphia's hard-hitting, ball-hawking defence, and maybe blame the wind gusts a bit. THE ASSOCIATED PRESS

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Calderon closing in on free-throw record

Toronto Raptors point guard Jose Calderon now owns the third-longest free-throw streak in NBA history. He hit No. 79 yesterday against the visiting Boston Celtics to move into third spot. Minnesota's Micheal Williams hit 97 straight in 1993 to hold the all-time league record. THE CANADIAN PRESS

Allen leads Celtics past Raptors

NBA RESULTS

Boston 94 | **Toronto** 88

After the Toronto Raptors dropped their third game this season to the NBA champion Celtics, they were only too eager to board a plane bound for Boston.

Ray Allen poured in a season-high 36 points, including eight three-pointers as the Celtics snapped a four-game losing skid with a 94-88 win over the Raptors.

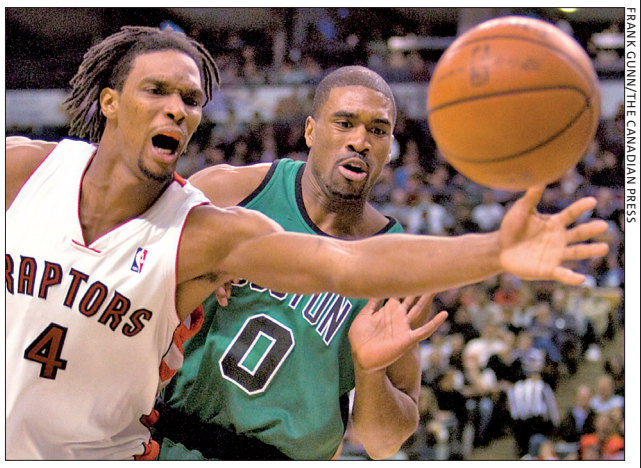
It was a game of three horrible quarters and one late-game surge for Toronto, and now the Raptors hope their strong fourth-quarter performance carries over to tonight, when they face the Celtics again on the back end of a rare home-and-home series.

"We're pumped up, we're fired up, we can't wait to get there," Raptors forward Joey Graham said after the game. "The team needs to push the time up for the plane so we can hurry up and get there, because I'm anxious and ready to go."

Andrea Bargnani had 17 points to top the Raptors (16-22), who saw their season-high three-game winning streak at the Air Canada Centre come to a screeching halt.

Chris Bosh added 15 points and a team-high 11 rebounds, while Jamario Moon had 15 points, and Jason Kapono and Graham finished with 12 apiece.

THE CANADIAN PRESS



FRANK GUNN/THE CANADIAN PRESS

Boston Celtics forward Leon Powe, right, and Toronto Raptors forward Chris Bosh battle for a ball during yesterday's game.

Tavares stars in debut with Knights

OHL By any measure, but by the one most important — on the scoreboard — the debut of Canada's top junior hockey player with the London Knights was a success.

John Tavares had two goals and an assist in London's 7-3 victory over the Mississauga-St. Michael's Majors yesterday afternoon before a near-capacity crowd of 9,070 at the John Labatt Centre.

John Tavares

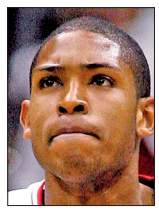
Tavares was traded to the Knights by Oshawa last Thursday but didn't play when the Generals visited London on Friday night.

His whirlwind week started Monday when he helped lead Team Canada to its fifth straight world junior championship title, a tournament in which he was named most valuable player.

THE CANADIAN PRESS

Sports in brief

NBA Atlanta Hawks centre Al Horford was held out of yesterday's game against the Philadelphia 76ers with a bone bruise in his right knee and will miss at least three more games. Horford was injured in Friday's loss at Orlando and is out indefinitely after an MRI showed the bruise, coach Mike Woodson said.



Al Horford

NHL The Edmonton Oilers placed tough guy Zach Stortini on injured reserve yesterday and recalled Ryan Potulny from Springfield of the American Hockey League.

TENNIS Third-seeded Marin Cilic of Croatia won his second ATP Tour title, defeating wild-card Somdev Devvarman of India 6-4, 7-6 (3) in the final of the Chennai Open yesterday. METRO NEWS SERVICES

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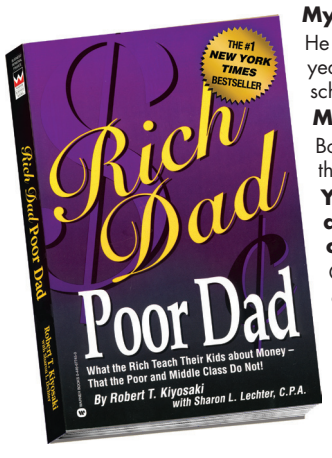

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PARTICIPANTS NEEDED FOR A STUDY OF TREATMENT OF SEASONAL DEPRESSION

The Centre for Addiction and Mental Health, in affiliation with the University of Toronto, is looking for volunteers for a study of light therapy and negative ions in the treatment of seasonal depression (also called seasonal affective disorder).

The study involves completing questionnaires and having 4 weeks of treatment with either a light therapy or negative ion generator device.

Eligibility:

- Male or female from 18 to 65
- Suffering from seasonal depression (seasonal affective disorder)
- No significant eye disease
- Are not currently abusing substances
- No significant medical illness
- Not currently pregnant

If you are interested or require additional information, Please call Jessica at **416.535.8501 ext. 4863**

Backlund set to join WHL
The Calgary Flames assigned the Swedish prospect Mikael Backlund to the WHL's Kelowna Rockets yesterday. THE CANADIAN PRESS

Beckham makes solid debut with AC Milan

David Beckham made a surprising start in his AC Milan debut yesterday, playing 89 minutes in a solid if not outstanding performance against AS Roma.

VITTORIO ZUNINO CELOTTO/GETTY IMAGES

Midfielder David Beckham, left, of AC Milan tries to hold off Matteo Brighi of AS Roma during an Italian Serie A match at Stadio Olimpico in Rome yesterday. The game ended in a 2-2 draw.

The star English midfielder was replaced by Mathieu Flamini in the 89th minute of the 2-2 game. He exited mostly to boos from the Roma crowd.

Beckham joined Milan on a two-month loan from the Los Angeles Galaxy of Major League Soccer, hoping to stay sharp so he can earn a spot on the English national team.

Milan coach Carlo Ancelotti said Saturday it would be "difficult" to start the former Manchester United and Real Madrid player because he had been inactive for two months. However, Beckham lined up in his traditional spot on the right wing, leaving Flamini and Massimo Ambrosini on the bench at the start.

• Meanwhile Manchester United beat a major rival for the first time this season, registering a 3-0 win over Chelsea yesterday that moved the defending champions to within five points of the Premier League lead.

Nemanja Vidic, Wayne Rooney and Dimitar Berbatov scored at Old Trafford to lift the Red Devils to 41 points, just one fewer than second-place Chelsea with two games in hand.

Also yesterday, Maynor Figueroa scored his first goal for Wigan in injury time to give his team a 1-0 win over Tottenham.

The result kept Tottenham in the relegation zone and winless in five league matches, while Wigan consolidated its hold on seventh place.

THE ASSOCIATED PRESS

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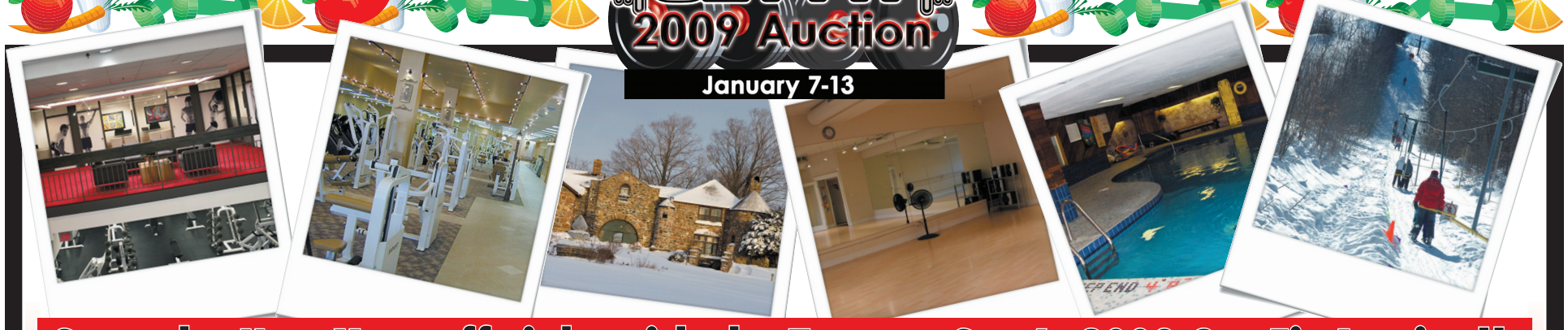

Start the New Year off right with the Toronto Star's 2009 Get Fit Auction!!

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Going Green

Ideal fridge temperature

Did you know the ideal internal temperature of your fridge is usually between 3 C and 4 C? When your fridge is kept too cold, it wastes energy and can taint your food. To check, place an appliance thermometer in a glass of water on the middle shelf and let it stand for five to eight hours. If the reading is not in the ideal range, adjust the temperature accordingly. DAVID SUZUKI FOUNDATION

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

Drive right to the bank

Fight the crunch by keeping your transportation economical

EMMA FORREST
Metro World

Everyone is panicking about global recession, but you can cut the cost of your motoring bill by making some really easy changes. However you get around, keep it low-cost.

1 Do you need to drive? Why not walk to the supermarket, and trade your car for a bus or bike for your daily commute?

2 If you must go by car, carpool and you can share the cost of driving with your friends.

3 Drive smoothly — braking and revving the engine use more fuel. Stick to the speed limit: Your car pollutes most at very low or high speeds.

4 Be aerodynamic: The more aerodynamic your car is the less fuel it will use, so cut drag by removing your roof rack, and closing your windows.

5 Set your tires to the correct pressure and you'll use up to 10 per cent less fuel.

6 If you're considering buying a car, buy the smallest and cheapest car that suits your needs. It will cost less to insure and operate.

A walrus.

Scientists sink teeth into research

ARCTIC Researchers are hoping the huge tusks of the walrus and choppers of the beluga whale will help track the increasing impact of global warming on Canadian Arctic mammals and the Inuit communities that depend on the creatures for food.

Scientists with Fisheries and Oceans Canada in Winnipeg are preparing to study the teeth of mammals killed during Inuit hunts to look for any signs that greenhouse gases are taking a toll.

Although scientists have studied the teeth — which have annular rings similar to those of a tree trunk — for many years, this is the first time they are being used to unlock the impact climate change is having in the North.

Experts expect to find a growing number of contaminants like mercury and PCBs in the teeth, as well as evidence of a thinning diet — all attributable to the increase of greenhouse gases in the atmosphere.

THE CANADIAN PRESS

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Fresh philosophy

Chef insists on local and sustainable approach to food

Brad Long doesn't just pay lip service to the importance of supporting locally produced fare — he's rolling up his sleeves to deliver the goods to his clientele.

At his four-hectare property in the Stouffville area northeast of Toronto, the executive chef teams up with farming partner Tawfik Shehata, chef at Toronto restaurant Vertical, to work the land.

Long, co-host of Food Network's Restaurant Makeover, previously served as executive chef for Maple Leaf Sports and Entertainment for 10 years, which owns and operates Toronto major-league sports franchises including the Leafs, Raptors and Toronto FC.

He is an advocate of a fresh, local, sustainable and organic approach to food, which he now infuses into his Toronto eatery. It's a philosophy he is also hoping to encourage others to embrace and incorporate in their own lives.

"It's not just about what you eat now. It's where the food comes from and how it's grown, the integrity of the processes," Long said in an interview at Veritas. "That means people being fairly paid to produce it, work in the fields; it's about how the animals are treated; it's about the chemicals that are or are not used in the processes.

"The process sounds really complicated, but the solution is really quite easy because it's about choosing the foods that you buy, or how you eat or where you eat."

Long suggests one place to start is to try asking a few more questions of your suppliers, such as where products are sourced from, if they know the individuals who provided them and whether there's something comparable that is even more local.

"In that process, you're asking questions, you're sort of educating yourself, but you're also getting into your own processes of feeding yourself," he said.

"It doesn't mean you have to change everything you do, change your diet or change where you shop — it just means you have to try a little harder, ask a few more questions, become a little more aware of (where) things come from." **THE CANADIAN PRESS**

Wide variety

- Swiss chard, artichokes, peppers, eggplants, herbs, pumpkin and squash are among the wide variety of fresh homegrown produce from his farm start-up that Long brings in to his own downtown restaurant, Veritas, for use in his dishes. They're also among the same ingredients he purchases from other local farmers and distributors.

FRANK GUNN/THE CANADIAN PRESS

Chef Brad Long shows off a tortilla-wrapped, locally-raised Texas Longhorn burger in Toronto recently. Long is an advocate of a fresh, local, sustainable and organic approach to food.

The good and bad of nanotechnology

The tiny critters had seemed so content, swimming around under the microscope.

Scientist Shirley Tang was studying how living organisms might be affected by nanomaterials. These minute particles assembled from just a few molecules offer great promise but also pose a lot of questions — and can cause surprising and unpredictable harmful effects.

In an effort to understand those effects, Tang had just exposed some protozoa to nanoparticles. The one-celled animals promptly absorbed them, ejected them, and then carried on.

"They seemed happy," says Tang, a chemistry professor at the University of Waterloo in Ontario.

"They would eat bacteria as normal. We didn't see any mortality to the protozoa."

But a closer look showed they weren't happy at all. Sure, they'd eat bacteria, but instead of absorbing their prey, they'd simply excrete it.

"Now they can only digest 40 per cent, 20 per cent, 10 per cent of their food."

Why couldn't the protozoa digest properly after their exposure? Nobody knows. It's one more unknown about nanomaterials, which are now found in hundreds of consumer products from condoms to hockey sticks.

Nobody knows how nanomaterials interact with ecosystems, whether they're capable of entering a food chain or whether they would concentrate higher up the chain.

Nobody knows how to detect them in the environment.

Nobody knows if or how they can be absorbed through the skin. **THE CANADIAN PRESS**

Pro and con

- The good: Nanoparticles are likely to be used in cleaning up contaminated sites because of their ability to break apart toxic molecules. They are also likely to reduce global energy demand because of the efficiency they bring to electronics.
- The bad: Little is known about how nanoparticles interact with living systems, including what makes them toxic, whether they can move up food chains or even how they can be detected.

LUANN LASALLE/THE CANADIAN PRESS

Noel Wiggins, of New York City-based Areaware, holds a collapsible bike ideal for city riding and storing in a small place during the Consumer Electronics Show in Las Vegas.

Green products flourish at technology show

Green technology is out to slay "phantom power."

Digital technology that stops electronics like computers, printers and cellphones from using power even when they're turned off or finished charging, but are still plugged in was among the green products flourishing at the high-tech Consumer Electronics Show.

"For instance, you've taken your cellphone with you to work but you've left the charger plugged in at home — that device is continuing to draw power from the wall," said Green Plug's Seth Socolow.

"It doesn't know that the device has gone away," Socolow added.

Green Plug's technology will prevent electricity from being wasted, he said.

Green Plug has teamed up with Innergie, developer of small universal power adapters, to use this technology to power all kinds of different electronic devices.

"You can plug any device into any power supply and it can deliver how much power the device needs. When the device is fully charged and doesn't need any power, it can send a message to the power supply and shut it off, which cuts down on phantom power."

Socolow said he wants consumers to encourage manufacturers of electronics devices to use Green Plug's technology.

In the Consumer Electronic's green tech area, Areaware's Noel Wiggins was showing sustainable products that included wood case radios and simple bicycles, a contrast to sophisticated and high-performing gadgets at the show.

The idea is to have products that are simple and beautiful where there's no desire to upgrade or wait for the next device to come out.

"You just want to keep it forever and pass it down to your children," he said.

The radios are made by retrained fishermen in Java, Indonesia, from local trees. There also was a folding bicycle and another with solar-powered lights. **THE CANADIAN PRESS**

Minimizing impact

- It's the second year that CES itself has put an emphasis on minimizing the impact of the show on the environment by improving recycling and calculating its carbon output. Organizers also say last year more than 120 tonnes of solid waste were recycled from the show.

Metro Workology exclusive: Curtain Call

Don't miss Curtain Call, Metro's exclusive feature series in the Workology section. In the realm of death there are some interesting, lucrative and mysterious career opportunities; we will be digging up the stories for you, so check for Workology on Mondays, Tuesdays and Wednesdays and at metronews.ca/work as well.

Workology

F.U. student debt

The Firkin Group of Pubs will present five lucky Ontario students with $5,000 each as part of the 'Say F.U. to Student Debt' program tomorrow evening at the Frog & Firkin, 4854 Yonge St.

METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Ashes to ashes, dust to...

Crematorium operator is not a job for the faint of heart

Curtain Call

BRIAN COULTON
for Metro Canada

Canadian flags, flowers and ribboned wreaths festoon the burial plots lining the narrow roads at Thornton Cemetery, Crematorium and Mausoleum in Oshawa, Ont.

The decorations that serve as homage to the dead are a fitting prologue to the tiny, neatly maintained chapel attached to the cemetery's head office. But esthetic turns from day to night when one walks through the chapel's back doors to the industrial-looking crematorium where Adam Rowe works.

BRIAN COULTON/FOR METRO CANADA

Crematorium operator Adam Rowe stands in front of a one of the cremation chambers.

"I know how they feel and I know how hard it is. I try to make it as easy as I can for them."
Adam Rowe

Rowe, 37, is the crematorium operator for the burial ground, one of 10 operated by the Mount Pleasant Group of Cemeteries. Although his workspace appears to be a far cry from the pleasantries adorning the rest of the grounds, Rowe's meticulousness and respect for his work are evident.

"I've been in the same position as every person I've ever dealt with," he says. "I know how they feel and I know how hard it is. I try to make it as easy as I can for them."

When bodies arrive from the hospital or funeral home, Rowe begins a detailed identification process including marking legal forms, the casket and the bag the body's remains will be kept in to guarantee remains are those of the individual he reports them to be.

"I think a lot of people have misconceptions about the way crematoriums are," he says. "It doesn't matter if the body's there or if it's cremated remains. There's some way to identify who it was. That's the one thing I like to impress upon people."

After identification, Rowe wheels the casket into a 4.5 C chilled holding room. When it's ready to be cremated, he brings it to one of two brick-lined cremation chambers, called retorts, inside which incineration and vaporization occurs. On a retort's front, a doorknob-sized window shoots out orange light when in action.

"Everything's glowing red hot. If you stuck anything to those bricks, it would be on fire in seconds," he says.

At roughly 540 C, the burners within set alight the casket, propelling ignition of its contents. After about two-and-a-half hours, only bones and non-combustible items like artificial body parts or casket screws remain.

Rowe uses a long rake and broom to collect the remnants, and brings them to the cremulator. "This is basically an industrial blender that takes the bone fragments down to what people refer to as ashes," he says. "They're not actually ashes. They're just fragments of bone that are of indescribable size."

From there, it's to the urn or wherever the family wants the remains, ending the four-hour cremation process.

Looking at the desktop computer image of his newborn baby boy, Rowe admits cremating children and witnessing grieving families can be depressing. But he doesn't allow personal experiences, including losing much of his own family in a short period, to influence his work.

"I have to be comfortable doing what I'm doing."

For more of the Curtain Call exclusive series check the Workology section Mondays, Tuesdays and Wednesdays or stop by metronews.ca/work

One-in-five plan job change in 2009

EMPLOYMENT Even with slower hiring predicted for 2009, 19 per cent of workers say finding a new job is on their list of New Year's resolutions and the same amount say they actually plan to leave their current job before the end of the year, according to CareerBuilder.com's latest survey. Additionally, six-in-10 workers say the economy and the tightening job market are not making them hold off on their plans to change jobs.

Workers cited a variety of reasons for wanting to leave their jobs in the new year, with the most workers, 49 per cent, reporting that better pay and/or career advancement opportunities are the primary reasons they plan to leave their current positions.

Fourteen per cent are looking for an environment where they feel more appreciated and 10 per cent want to work for a company that is making a difference. Seven per cent of workers are electing to change careers entirely, while three per cent say they are leaving their jobs because they want more flexibility or plan to go back to school.

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World Trade University leaves Chilliwack
Following three years of controversy, World Trade University has "quietly" left Chilliwack B.C. The flags outside the university have been removed, and the building used to house the school is being prepared for another tenant. **METRO NEWS SERVICES**

Kittengarten — school for, you guessed it, cats

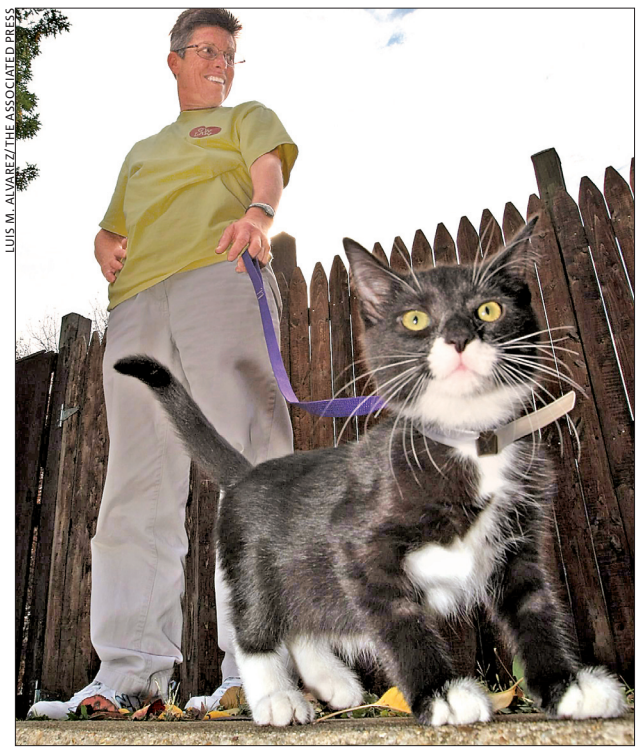
For the kittens dashing and tumbling around the room, the Washington Humane Society's first Kittengarten class is all about the playtime.

But for the humans and the shelter there's a bigger goal: Making sure that cats are healthy and happy in their adoptive homes — and that they stay there.

Kittengarten is just like what it sounds, a class for kittens and their owners. Along with kitten socialization and grooming, the four-week class covers basic health and behaviour facts, including nutrition. While dog owners have long taken their charges for training, cat owners don't always know that they and their pets could use some guidance too, organizers say.

Even those knowledgeable about cats can really benefit from some hands-on practice, as when trainer Hanna Lentz demonstrates the most important grooming basic for a pet with needle-sharp claws: The nail trim.

Lentz crouches on the ground, holding a kitten with its back to her, and touches its shoulders. "A cat's natural instinct when you touch them up here is to back up," she explains, "so they have nowhere else to go." Next, she clips a nail. "Do that: One nail, treat, relax in between," she says. "Taking it slow can really make a huge difference."


LUIS M. ALVAREZ/THE ASSOCIATED PRESS

Joan Schaffner holds a kitten on a leash during a Kittengarten class at the Washington Humane Society Behavior and Learning Center.

The students, sitting at the table with piles of treats in front of them, attempt to follow her example on the squirming, reluctant little felines.

"They're not born liking to get their nails trimmed," Lentz observes. "It's so important to start when they're kittens."

While kitten kindergarten is new in Washington, the idea has been around for a while. Elise Gouge of the Houston SPCA, where they've been offering a course since early 2007, says she wishes she could get everyone to take it.

"Cats don't raise themselves," she says. "They don't instantly love people, they don't know not to scratch the furniture."

THE ASSOCIATED PRESS

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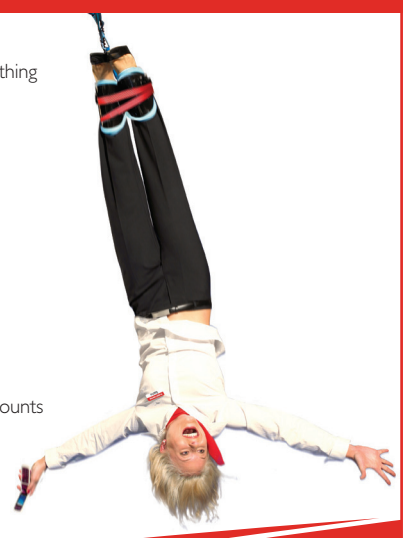

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Moncton hospital set to become university teaching centre

New Brunswick's health minister says the Dr. Georges L. Dumont Regional Hospital, located in Moncton, is slated to become a university teaching centre, under which the hospital could access new funding and attract doctors and researchers. METRO NEWS SERVICES

Hey you! Lets plan a fight

Odd**Jobs**

The first fight Simon Fon ever designed got him a standing ovation.

He'd just gradated from the theatre program at York University and was doing the Dream in High Park in Toronto. He and veteran actor Philip Aiken were to fight using shields and Japanese staffs, but there was no choreography.

The two worked for hours on it, and the cast stood up and applauded when they did it for the first time. Fon now had a new passion besides acting.

Using the skills he'd learned in stage combat classes in school, plus the athleticism that had him trying sports as diverse as hockey and fencing, Fon started fight directing for small plays, often convincing the director he was needed and working for little to no money.

Over time, he got more and more work — especially when directors saw that a properly choreographed fight was lot more interesting. He eventually got film and TV work, where he did fight directing, stunt work and acting, usually of highly physical roles.

When he works on a movie, TV show or play, he usually meets with the director first to find out what he or she wants from the fight: how long it should be, what weapons the actors will use and how rough it should get.

"Now that I'm 41, I have to keep myself in shape, otherwise I won't be able to perform at my best or keep up with my students."
Fight director
Simon Fon

On his own, he comes up with a basic fight that fits those requirements. Then he meets with the performers. "You really do have to get inside the actors' heads," he says. Using mainly their ideas — he often leaves his own notes sitting on the corner of the stage — they develop the fight in slow motion.

Once they've got most of the fight, he videotapes it, which they use to refine the movements and remember the choreography. On average, he takes about 20 hours to develop and perfect a two-minute stage fight.

Two years ago, Fon got together with eight other colleagues — a collection of fight directors, filmmakers and other professionals — to create Riot Act. This group offers fight directing services for theatre and film (the company is doing numerous shows at the Stratford Shakespeare Festival next summer) and also makes its own short films, which they've started winning awards for.

When he's not working or teaching stage combat at George Brown College, Fon is keeping fit. He cycles, does gymnastics, practises martial arts (he's got a black belt in Woo Gar Mo Sut) and develops fights with his colleagues from Riot Act. "Now that I'm 41, I have to keep myself in shape, otherwise I won't be able to perform at my best or keep up with my students."

The Lowdown

Job title: Fight director

Salary: About $400 for theatre, $600 and more a day for film and TV

Education: Skills in some form of combat, plus an understanding of acting

Best part of the job: "Seeing the moments work."

Worst part of the job: "Waiting to get the green light on projects."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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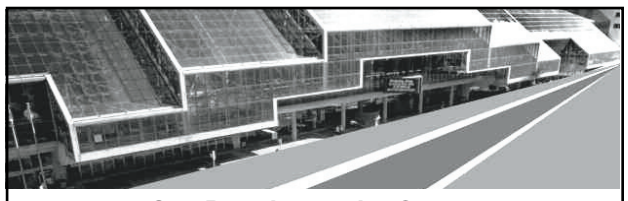

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High School Musical star ties the knot
High School Musical star KayCee Stroh married boyfriend Ben Higginson in a private Mormon ceremony at the Salt Lake Temple on Friday in Salt Lake City, Utah. PEOPLE.COM

Entertainment

Fergie weds

Black Eyed Peas singer Fergie and actor Josh Duhamel were married Saturday at the Church Estates Vineyards in Malibu, Calif. PEOPLE.COM

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

Ledger wins posthumous Globe

Heath Ledger won the supporting-actor Golden Globe yesterday nearly a year after his death from a prescription drug overdose, earning the prize for his diabolical turn as the Joker in the Batman blockbuster The Dark Knight.

The award was accepted by the film's director/co-screenwriter, Christopher Nolan, who said he and his collaborators were buoyed by the enormous acclaim and acceptance the film and Ledger's performance have gained worldwide.

"All of us who worked with Heath on The Dark Knight accept with an awful mixture of sadness but incredible pride," Nolan said. "After Heath passed, you saw a hole ripped in the future of cinema."

The robot romance WALL-E won the Golden Globe for best animated film; Sally Hawkins earned the best-actress prize in a musical or comedy as an eternal optimist in Happy-Go-Lucky; and Kate Winslet took supporting actress for The Reader, in which she plays a former Nazi concentration camp guard in a romantic fling with a teenager.

Anne Hathaway

GETTY IMAGES/PHOTOS

Slumdog Millionaire, an underdog story some awards watchers think could emerge as an Oscar favourite, won its first award of the night, best screenplay for Simon Beaufoy, who adapted the script from the novel Q & A. Slumdog Millionaire features a generally unknown cast in the story of an orphan boy in Mumbai who rises from terrible hardship to become a champ on India's version of Who Wants to Be a Millionaire, all the while trying to reunite with a lost love.

THE ASSOCIATED PRESS

Early winners

FILM:
- Supporting Actor: Heath Ledger, The Dark Knight.
- Supporting Actress: Kate Winslet, The Reader.
- Animated Film: Wall-E.

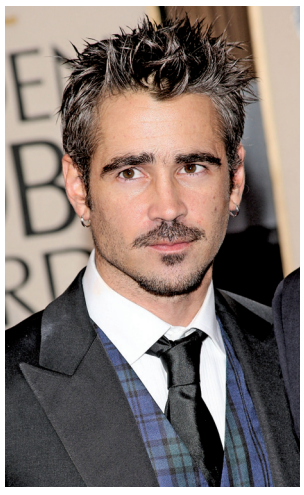
TELEVISION:
- Actor, Drama: Gabriel Byrne, In Treatment.
- Actress, Drama: Anna Paquin, True Blood.

For more red carpet photos and a complete list of Golden Globe winners, visit metronews.ca/entertainment

The late Heath Ledger won the award for Best Supporting Actor yesterday for his turn as the Joker in The Dark Knight.

Actress and award presenter Drew Barrymore.

Actress and award presenter Eva Mendes.



Colin Farrell was nominated for a best-actor award for his performance in the film In Bruges.

Angelina Jolie was nominated for a best-actress award for her role in the film Changeling.

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Gael Garcia Bernal's a daddy

Actors Gael Garcia Bernal and Dolores Fonzi welcomed their first child together Thursday in Madrid, his rep confirmed to E! News. The couple has not announced the baby boy's name. **METRO NEWS SERVICES**

A CLASSIC; EXCELLENT; GOOD; FAIR; POOR

RON TOM/ABC

Patrick Swayze and Barbara Walters during an interview that aired on ABC last week.

Swayze checks into hospital for observation after contracting pneumonia

PEOPLE Patrick Swayze has checked himself into the hospital for observation after contracting pneumonia, A&E executives said Friday in Los Angeles at a meeting of the Television Critics Association.

Swayze, 56, was scheduled to appear to discuss his upcoming drama The Beast. Robert DeBitetto, A&E's programming senior vice president, explained his absence: "Chemotherapy can take its toll on the immune system, and illnesses are a part of that. Patrick wishes me to tell you that he's very sorry he cannot attend, but plans to get back to promoting The Beast soon." In the series, which premieres Jan. 15, Swayze plays an FBI veteran who trains a rookie partner played by Travis Fimmel. Producers said filming of the first season was done, and they hoped Swayze could continue in the role for a second season.

Last week, Swayze told ABC's Barbara Walters his yearlong battle with pancreatic cancer put him "through hell" while he pushed ahead on his new TV series. The actor also owned up to his fear: "Yeah, I'm scared. Yeah, I'm angry. Yeah, I'm (asking), 'Why me?'"

THE ASSOCIATED PRESS

A horror show, indeed

The Unborn

Director: David Goyer
Stars: Odette Yustman, Gary Oldman
Classification: 14A
Rating:

PHIL BROWN
for Metro Canada

REVIEW All the trailers claiming The Unborn is the latest film by "the writer of the Dark Knight" is false advertising. Writer and director David Goyer only co-authored a Joker-related outline with Christopher Nolan years before Nolan wrote the script.

The ads for The Unborn should say "from the director of Blade 3" because that far more accurately foreshadow the movie's ridiculous dialogue, amateurish acting and cliché-ridden, convoluted storytelling.

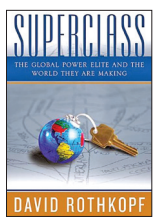
Odette Yustman stars as a young woman haunted by the ghost of her twin brother, who's desperate to break into our world.

It's not a terrible set up, but after the opening scenes the plot gets so strained and confusing that everything from Nazism to possessed dogs end up tied into the haunting. While the dialogue is impossible to deliver truthfully, the cast still manages to make it worse. Yustman shows why she was hired via a variety of scenes in which she's lovingly photographed in her underwear, but she stumbles every time she tries to emote. The only person in the movie who can act is Gary Oldman, and while he does make his lines sound like they were spoken by a human, it's still the low point of his career.

Odette Yustman in The Unborn.

This is Goyer's first straight horror film, and he's obviously a fan of the genre because he steals from older and better horror movies in practically every scene. Hopefully he ripped off all the movies he liked this time and has nothing left to "inspire" another such outing.

On the trail of the Superclass

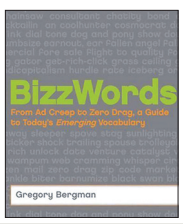


Superclass

Author: David Rothkopf
Publisher: Viking Canada
Price: $34.00 (Hardcover)

David Rothkopf, a political writer and former Clinton administration staffer identifies something that 6,000 of the world's citizens have in common: They're members of a superclass.

This exhaustive account uses original reporting to demonstrate that individuals who wield top-tier power in spheres ranging from government and business through religion and crime tend to share personal connections, location and class background. Rothkopf not only pinpoints how one gains entry into the superclass, but also what consequences its existence may have for the rest of us.

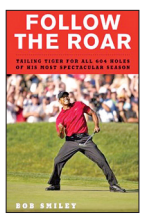


BizzWords

Author: Gregory Bergman
Publisher: Adams Media
Price: $10.99(Paperback)

Don't you hate it when you put skin in the game, only to find you've been pump and dumped by some dirty-white-collar marzipan layer?

The folks around your company's water cooler may not string together such phrases, but BizzWords can still help simplify the semantics of the business world for you and other jargon-benighted folks. Author Gregory Bergman, associate editor of financial periodical Equities Magazine, provides definitions as well as history and usage for those terms he feels are essential for today's gunslingers, dot snots and cosmocrats.



Follow the Roar

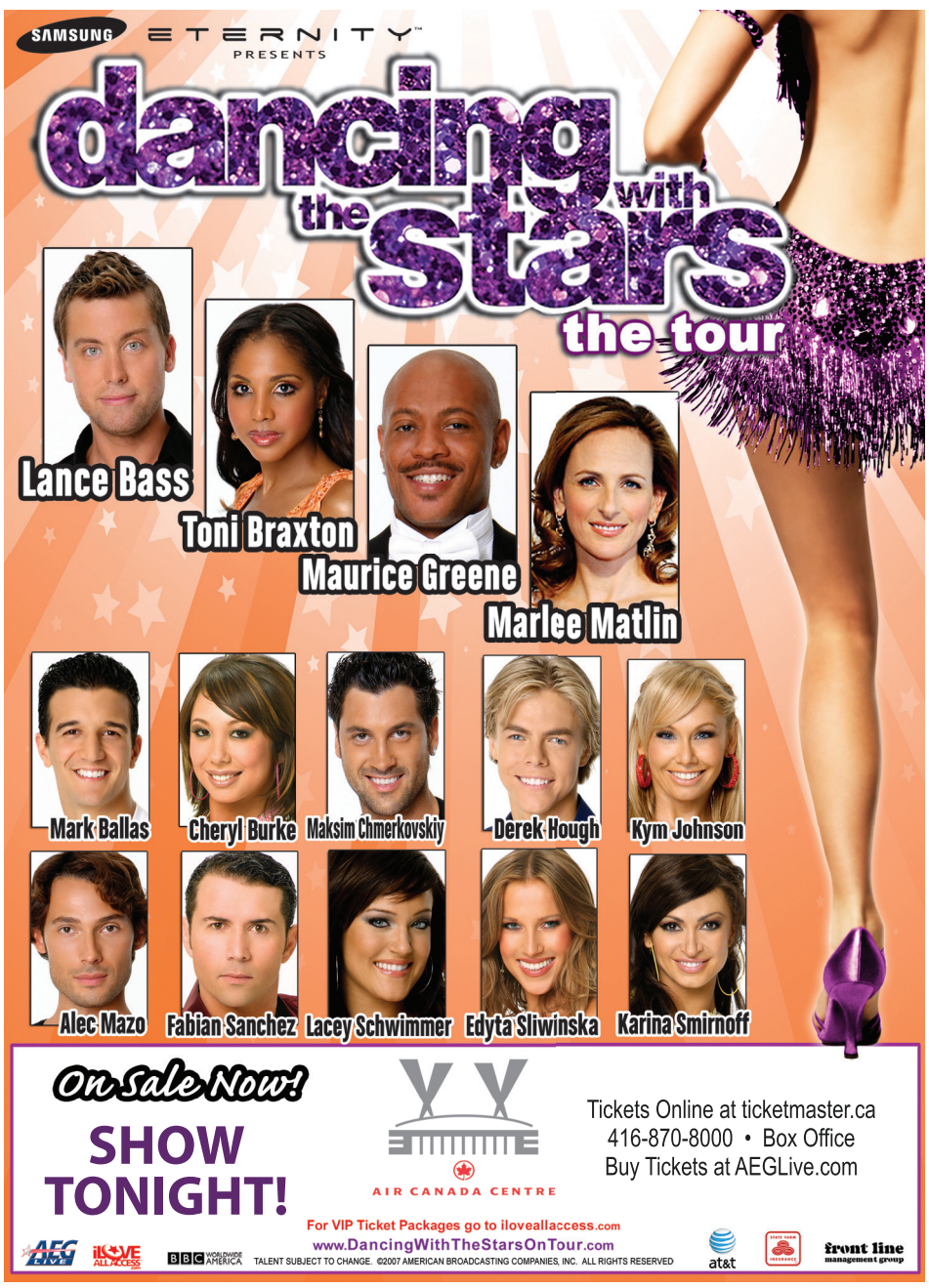
Author: Bob Smiley
Publisher: HarperCollins
Price: $27.95 (Hardcover)

Throughout 2008, ESPN.com golf columnist Bob Smiley followed Tiger Woods doggedly around the world, dead set on witnessing every one of the 604 holes that his quarry would play over the entire season.

Smiley was determined to gain a better understanding of Woods the athlete and the man — and to find a bit of personal inspiration along the way. But in order to observe how Woods braved the forces of nature and humanity during what was to be the golfer's most thrilling season, Smiley himself had to make it through all manner of obstacles and adventures.

BRIAN COULTON/
FOR METRO CANADA

BookPicks



The first step to a healthy weight loss

Part 3

The elimination organs and their functions.

Why and how should you cleanse your body?

As we saw earlier, once your organs of elimination are congested, it is very difficult for them to carry out their functions adequately. It is therefore imperative that you ensure their proper functioning through the use of natural means that are suited to our contemporary lifestyles.

A complete cleansing program must include a liver depurative containing depurative medicinal plants.

When you think of how many functions the liver is responsible for, you will understand why it has been nicknamed the "Laboratory of the Human Body".

The liver is also acknowledged as a toxication site that handles all the contaminants that find their way into the food you consume, e.g., preservatives, additives and hormones.

The liver stores good nutriments and rejects toxins.

Furthermore, to eliminate all of these toxins, it is essential to use a natural diuretic because the kidneys are your natural filters. Don't wait until these organs are all clogged up because, if you do, you'll suffer the consequences.

And finally, to complete this cleansing program and revitalize your intestinal flora, you should include a cholagogue to eliminate the old bile and rejected wastes from the bowel.

You will then have a truly complete cleansing program that acts in synergy with your entire body.

I therefore advise everyone who wishes to stay fit to undergo an internal cleansing cure that promotes better food assimilation.

A cleansing cure will allow you to lose some of the bloating and even lose a few pounds!

When should TRIOLAX be used? *To be continued on January 15th...*

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Awkward, lovable Cera up for newcomer's award

Canadian actor Michael Cera, who's built a career out of playing awkward but lovable teens, is up for a rising star award at Britain's equivalent of the Oscars.

The award recognizes five international actors and actresses that have begun to capture the public's imagination.

Cera's rise began with a role as George-Michael Bluth on the celebrated series Arrested Development, and soared with starring roles in the films Juno, Superbad, and Nick and Norah's Infinite Playlist.

GETTY IMAGES

Michael Cera

The Orange Rising Star Award is unique for being the only prize at The Orange British Academy Film Awards to be voted on by the British public.

The other nominees are Noel Clarke, known as Doctor Who's Mickey Smith; Michael Fassbender, who played Bobby Sands in the film Hunger; Rebecca Hall, who appeared in Woody Allen's Vicky Cristina Barcelona and Ron Howard's Frost/Nixon; and Toby Kebbell, who played a drug-addled rock star in Guy Ritchie's RocknRolla.

The winner will be announced at The Orange British Academy Film Awards on Feb. 8.

THE CANADIAN PRESS

Sopranos' Brancato gets 10 years for botched burglary

LEGAL A former actor on The Sopranos was sentenced Friday to 10 years in prison for a botched drug burglary in the Bronx in which an accomplice shot and killed an off-duty police officer.

A jury acquitted Lillo Brancato Jr. of second-degree murder in the death of the police officer, but convicted him of attempted burglary. He had faced up to 15 years in prison.

Before sentencing, Brancato begged the court for mercy: "I'm not talking about redeeming my acting career. I'm talking about much more than that. I'm talking about being a good son, brother, friend and citizen."

But Supreme Court Justice Martin Marcus wasn't swayed, calling Brancato's drug abuse "a sad story of good fortune and extraordinary opportunity that was wasted and abused."

Prosecutors said Brancato and accomplice Steven Armento were looking for drugs when they broke into an apartment next door to the officer's home in December 2005. When Officer Daniel Enchautegui went to investigate, he was gunned down by Armento.

Armento was convicted last year of first-degree murder and is serving a life sentence without parole.

THE ASSOCIATED PRESS

Watchmen film talks continue

DISPUTE Attorneys for 20th Century Fox and Warner Bros. fighting over the release of the superhero flick Watchmen asked U.S. District Judge Gary Allen Feess to delay a hearing Friday so settlement discussions can continue over the weekend.

Feess agreed to continue the hearing but says a trial over whether to block the film's March release is still set for Jan. 20.

Fox is suing to stop the release of Watchmen, claiming Warner Bros. violated its interests by filming the tale. Feess agreed last month that Fox appears to have the right to distribute the film.

THE ASSOCIATED PRESS

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O'Neal pleads guilty to drug charge
Actor Ryan O'Neal pleaded guilty to a felony charge of drug possession in a Malibu, Calif., courtroom Friday, and agreed to enter an 18-month drug deferment program. PEOPLE.COM

Box office

Estimated ticket sales for Friday through Sunday:

1. **Gran Torino:** $29 million US
2. **Bride Wars:** $21.5 million
3. **The Unborn:** $21.1 million
4. **Marley & Me:** $11.4 million
5. **The Curious Case of Benjamin Button:** $9.4 million
6. **Bedtime Stories:** $8.6 million
7. **Valkyrie:** $6.7 million
8. **Yes Man:** $6.2 million
9. **Not Easily Broken:** $5.6 million
10. **Seven Pounds:** $3.9 million

THE ASSOCIATED PRESS

Ferrel holding Bush's feet to fire in new Broadway show

Will Ferrell says audiences should expect the unexpected from his upcoming one-man Broadway show and HBO special about President George W. Bush.

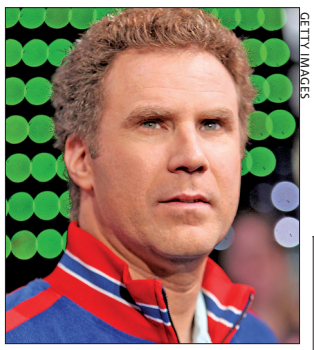
Ferrell, known for his Bush impersonation on Saturday Night Live, said there's nothing derivative about the production.

He says it will surprise people with its twists and turns and what it has to say about Bush.

Executive producer Adam McKay says the show aims to be funny but also hold the Bush administration's feet to the fire.

McKay and Ferrell spoke to the Television Critics meeting in the Los Angeles area by satellite from New York City.

Will Ferrell: You're Welcome America. A Final Night with George W. Bush is set to begin previews Jan. 20 and open Feb. 5.


GETTY IMAGES
Will Ferrell

THE ASSOCIATED PRESS

Entertainment in brief

DEATH Cheryl Holdridge, a popular Mouseketeer on The Mickey Mouse Club TV show in the 1950s, has died. She was 64. Holdridge died Tuesday at her Santa Monica home after a two-year battle with lung cancer. THE ASSOCIATED PRESS

Judge rules he is 'not biased' in Polanski case

LEGAL A Los Angeles judge has ruled that he is not biased against Roman Polanski. Superior Court Judge Peter Espinoza has rejected a motion by the fugitive director's lawyer to disqualify him and all the judges in Los Angeles County from hearing a new bid for dismissal of a 31-year-old rape case involving a 13-year-old girl.

At the time, Polanski pleaded guilty to just one charge of sexual intercourse with a minor, and other charges were dismissed. Espinoza says there are 600 judges available in 50 courthouses spread over the 10,360 square kilometres of Los Angeles County. Espinoza said that only in extremely rare instances could it be possible to find no judge qualified to preside over the matter.

THE ASSOCIATED PRESS

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Co-star couple
Actor Michael C. Hall has wed Jennifer Carpenter, who plays his sister on the Showtime series Dexter. The couple eloped in California on New Year's Eve. **USMAGAZINE.COM**

Mississauga man wins 24 marathon

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IntelleVision

rick.mcginnis@metronews.ca

ALL NIGHT LONG: The event runners watching the security monitors at Yorkdale shopping mall earlier this week had a running bet that Ryan Grech, a 23-year-old from Mississauga who confessed to me that "I don't really watch TV that much, to be honest," wouldn't last the first two days of the 24 marathon.

Global's publicity stunt for the return of 24 to the air after a year and a half was inspired — a challenge where nine fans of the show had to stay glued to all six seasons of the show for as long as they could stay awake. Whoever remained alert after 70 hours would break a Guinness record for continuous TV viewing — a record that got extended by an hour last week when someone in Baltimore managed to break the existing record by an hour.

The continuing adventures of Jack Bauer returned to the air last night with the first half of a four-hour premiere full of the usual conspiracies and catastrophes. The second half airs tonight.

"As I started I didn't think I was going to last," Grech told me yesterday, after breaking the new record by a further hour on Friday and winning $24,000, a Sharp Blu-ray player, two LCD TVs and the La-Z-Boy chair he was sitting in. "24 hours felt so far away that I didn't think I would make it. I wasn't one of the favourites, that's for sure, but I was able to conserve my energy."

"I had a game plan from the beginning. I looked at the food that they were serving and I'd say 'Well, if I eat this I'm going to have to use the washroom.' I pretty much just shut down my body for three days, and ate a lot of fruits and vegetables and a lot of water. As the competition went on I knew I got stronger."

The continuing adventures of Jack Bauer, which returned to the air last night with the first half of a 4-hour premiere full of the usual conspiracies, catastrophes and character U-turns, is the only show Grech says he watches.

The marathon seemed like "a great opportunity to start the year off well," said Grech, while he waits for an opening at a fire department in Ontario. "24 was just a show that something caught me very early on," he says. "I set that hour to watch every week, but other than that I'm pretty active — I go out a lot, I play sports."

Rick McGinnis writes about music, movies, books and television, but not opera.

In brief

COURTS A lawyer for a lending company says the auction of a million-dollar home belonging to American Idol winner Fantasia Barrino won't happen because an agreement has been reached. Lawyer Larry Goldman said the two sides have worked out the matter.

THE ASSOCIATED PRESS

GlobalStyle

Kenya Hunt
Exclusively at metronews.ca/globalstyle

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

TO	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 1/12/09	265	353	2	TVO	Time Team (N)		The Agenda With Steve Paikin		Child Genius 2 (N)		Malcolm and Barbara		Best-Agenda
	211	331	3	GTV	ET Canada	Entertainment	24 (HDTV PA) (N)				Captain Cook: Obsession		News (N)
	215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (N)	Being Erica (HDTV) (N)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		The Bachelor (N)			Less-Kind	True Beauty (N)		News (N)
	212	313	8	CTV	etalk	Hollywood	Big Bang Th	Two/Half Men	Two/Half Men	Corner Gas (N)	CSI: Miami "Head Case"		News (N)
	218	345	11	E!	The Insider (N)	E! News	The Soup	How I Met	Engagement	Worst Week	Momma's Boys (N)		News (N)
	137	763	13	TFO	Panorama		Dans le secret des pierres		*Slavisky* ★★★ (1974, Biographie) Jean-Paul Belmondo.				Professionels
	-	-	14	-	Cold Case "Sandhogs"		News (N)		News (N)		Two/Half Men	King	True Triumph
	213	326	15	SUN	Scrubs	George Lopez	Funniest Pets	Funniest Pets	One Tree Hill (HDTV) (N)		To Serve and Protect		Becker
	-	387	16	CBS	Inside Edition	Hollywood	Big Bang Th	How I Met	Two/Half Men	Worst Week	CSI: Miami "Head Case"		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	Superstars of Dance The dance competition continues.				Momma's Boys (N)		News (N)
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	The Bachelor (N)			Samantha Who	True Beauty (N)		News
	219	346	20	ACH-B	Instant Star	TMZ (N)	Gossip Girl (HDTV) (N)		Paris Hilton's My New BFF		Paris Hilton's My New BFF		News (N)
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	24 (HDTV PA) (N)				Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Time Goes By	Antiques Roadshow (N)		The Story of India (N)		The Story of India (N)		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Gossip Girl (HDTV) (N)		One Tree Hill (HDTV) (N)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two/Half Men	Gossip Girl (N)
news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		President's Guide-Science		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	CNBC Reports (HDTV)				Saving GM: Inside the Crisis		On the Money		Mad Money
sports	405	417	22	net	World Cup Skiing FIS Alpine.		World Combat League		Best Damn Sports Show		Sportsnet Connected		Hockey Central
	400	400	30	TSN	That's Hockey!	NBA Basketball Toronto Raptors at Boston Celtics. (HDTV) (Live)					SportsCentre (HDTV) (Live)		
	411	457	58	OLN	Bounty Hunter	Dakar Rally	Survivorman (N)		Mantracker		Bounty Hunter	Dakar Rally	Survivorman
	417	406	81	SC	Pinks (HDTV)	Pass Time	SuperCars	SuperCars	My Classic Car	My Classic Car	Barrett-Jackson		Car Crazy
family	551	542	25	YTV	Scorpion	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Zixx Level	Falcon Beach		Mystery Hnt.
	554	544	45	TEL	Totally Spies	Total Drama	6teen	6teen	Misadventures	Futurama	American Dad	Robot Chicken	Life's a Zoo
	556	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	How Clean	Kim	Love It or List It		Save Us-House	Smart Cookies	Maxed Out
	570	580	29	MM	Meet Barkers	Meet Barkers	Instant Star	Instant Star	MuchTopTens		MuchNews	The NewMusic	MuchVibe
	615	520	31	A&E	CSI: Miami (HDTV)		Intervention "Phillip"		Intervention (HDTV) (N)		Intervention "Pam"		Paranormal
	700	800	35	TLN	Centrovetrine	Sky TG 24	Se Forte Maestro		Distretto Di Polizia		Raymond	Raymond	George Lopez
	571	581	36	MMM	mmmtop	Revival	Listed (Part 1 of 2)		Where You At	Back In	Don't Forget the Lyrics!		Don't Forget
	575	583	38	CMT	All About (N)	All About ...	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	CMT Star
	616	521	39	SHO	The Outer Limits		Kink in Hair	Kink in Hair	Kenny-Spenny	Rent-A-Goalie	My Name Is Earl (HDTV)		House
	620	523	40	BVO	Dance			Dance With Me	Soweto Gospel Choir				Law & Order
	601	562	41	SLC	Til Debt-Part	Rich Poor	Til Debt-Part	Til Debt-Part	Tabatha's Salon Takeover		Tim Gunn's Guide to Style		ET Canada
	522	506	43	HIS	NCIS "Singled Out"		Battle 360		Escape From Auschwitz		NCIS "Singled Out"		Crime Stories
	625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Mike Birbiglia: What I Should		Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	Property Virgin	House Hunters	Ambrose Price	Petal Pushers	Holmes-Homes
	294	529	47	TBS	House-Payne	House-Payne	*Lethal Weapon 2* ★★★ (1989, Action) Mel Gibson, Danny Glover.					Seinfeld	Family Guy
	576	582	49	BET	106 & Park	*Hair Show* ★ (2004, Comedy) Mo'Nique, Kellita Smith, Gina Torres.					Top 25 Under 25		Judge Hatchett
	627	528	50	SPC	Lost "Confirmed Dead"		Lost "The Economist"		The Dresden Files		Ghost Hunters		Stargate SG-1
	581	566	52	MTV	The City	After	MTV News	Cribs	Bromance		The City	After	MTV Live
	618	524	54	TROP	TV Made, Do It	News Show	Tube Tales	What Happen?	Make or Break	TV Made, Do It	Planet Soap	Reality	Deal-No Deal
	603	561	56	FOOD	Chef at Home	Chef at Home	Restaurant Makeover		Food Detective	Road Tasted	Hell's Kitchen		Chef School
	261	394	60	V	Murder, She Wrote		Eyes Down	May-December	McLeod's Daughters (N)		Runaway Grooms		Poltergeist
	621	527	63	STR	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Relative Madness (N)		The Tonight Show-Jay Leno		TMZ
	553	546	65	TRE	Wonder Pets	Nght Grdn	Friend Rabbit	Franklin	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Max & Ruby
	115	711	101	TVA	Les Gags	Bloopers	Céline: hommage aux fans		Dr. House "97 secondes" (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Mediums: Dead People		The West Wing		Truth, Duty, Valour		Mediums
	300	601	301	M1	Sanctuary "Revelations"		Stargate Atlantis (N)		Californication	Californication	Californication	Californication	Californication
	305	612	306	PIX	(7:10) *The Pyx* ★★ (1973, Horror) Karen Black.				*El Mariachi* ★★★ (1992, Action)			*Prom Night* (1980, Horror)	

critics' corner

Sophie
It's a compliment when so many people trust you to keep their secrets, isn't it? Tell that to Sophie, who realizes that she's carrying around a full vault of secrets told to her by various people. And it's getting more and more difficult to keep straight who told her what and whom not to tell what in the new episode "An Outing With Sophie." 8:30 PM on CBC

Little Mosque on the Prairie
In this new episode, Amaar makes a new friend: reporter Nate Shore. They get along famously, but a series of unfortunate events lands them both in jail in "True Bromance." 8 PM on CBC

Being Erica
Erica has a university education, but she can't seem to get a career off the ground. Maybe she needed to make some better contacts in school. To test that theory, she time-travels back to her university days to join an exclusive secret society in hopes of getting a better start in the new episode "What I Am Is What I Am." 9 PM on CBC

Pink and Hart seen together on New Year's

Pink and Carey Hart may have split in February — but they seemed very much together last week, usmagazine reports. The website says a source spotted the pair smooching on New Year's Eve — and says they spent the entire weekend together. METRO NEWS SERVICES

Celebrity Buzz

Craig is down to earth, says Schreiber

CAREER Liev Schreiber and Daniel Craig got "really silly" on the set of new movie Defiance, femalefirst.co.uk reports.

Liev admits he was surprised by how down to earth Daniel was, adding the pair — who play Jewish brothers who take refuge in the forest to escape the Nazis during the Second World War — became the best of friends during filming.

He said: "I was really impressed that Daniel Craig was this major motion picture star who didn't go to his trailer in between takes. I'm accustomed to that with A-list actors. They go to their trailer and then we all wait for them to come out. But Daniel didn't. He sat with us and told stories and we had snowball fights and we bonded. Actually we got really silly. We spent a lot of time being silly."

The 41-year-old actor also revealed the pair bonded over vodka, as consuming vast amounts of the potent alcoholic beverage was the only way they could stay warm while filming in Lithuania

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

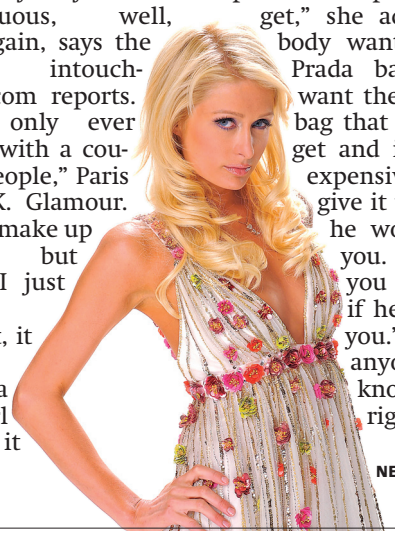
Paris disputes her promiscuous image

PEOPLE For everyone who thinks the name Paris Hilton is synonymous with promiscuous, well, think again, says the heiress, intouchweekly.com reports.

"I've only ever done it with a couple of people," Paris tells U.K. Glamour. "People make up stories, but mostly I just kiss."

In fact, it seems Paris is a rules girl when it comes down to it, adds the website. "I think it's important to play hard to get," she advises. "Nobody wants the fake Prada bag — they want the brand-new bag that no one can get and is the most expensive. If you give it up to a guy, he won't respect you. He'll want you much more if he can't have you." Well, if anyone should know, it's Paris, right.

METRO NEWS SERVICES



Kate accidentally whacked 'Annie'

FILMING During the filming of their big fight scene in Bride Wars, it seems Kate Hudson and Anne Hathway got a little carried away, intouchweekly.com reports.

"We were really tired, and I had this big rock on my finger. I whacked Annie in the face so hard," Kate admitted on the Rachael Ray show last week. "She was like, 'No, no, keep going' because she was so into it. Two hours later, she's sitting in the back of a car with an ice pack on her face. I was so bad. I really clocked her."

METRO NEWS SERVICES

Burke happy for Dancing co-stars

RELATIONSHIPS Brooke Burke was among those not surprised by the engagement of Dancing With the Stars' Karina Smirnoff and Maksim Chmerkovskiy, people.com reports.

"You could see the chemistry," Burke, 37, Dancing's Season 7 champ, told the magazine in Las Vegas Friday night. "I'm really happy for them and I hope it works out."

The two professional dancers became engaged in Las Vegas at Wynn Las Vegas on New Year's Eve.

METRO NEWS SERVICES

Marsden likes wife to dress up

PEOPLE James Marsden likes his wife to dress up as Snow White, femalefirst.co.uk reports.

The Sex Drive star has revealed that his wife — actress Lisa Linde — looks like the Disney character Snow White and even owns the costume. He told Arena magazine: "Actually, if you look at my wife, and if she put that outfit on — I'm not saying we do that to spice things up — but she looks a lot like her."

METRO NEWS SERVICES

Allen criticizes label's lodging

PEOPLE British pop star Lily Allen has hit out at her record label for failing to make her trips abroad luxurious enough, femalefirst.co.uk reports.

The Smile singer claims she only made $72,500 US from her debut album, 2006's Alright, Still, despite the LP going on to sell nearly two million copies worldwide.

And Allen claims she is forced to stay in substandard accommodation while she is abroad promoting her music, because executives at Emi Records refuse to pay for her to stay in expensive hotels, the website adds.

"Twenty years ago, I'd have been booked in at the Ritz with five grams of cocaine on my table and 10 bunches of flowers. Some new clothes. A chauffeur on 24-hour call," the webiste quotes her as saying.

"I ask for a hotel in Paris and I get a two-star place in the eighth arrondissement on my own. I'm like 'Do you want me to get raped and killed?'"

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Wednesday Partly cloudy -12° / -22°
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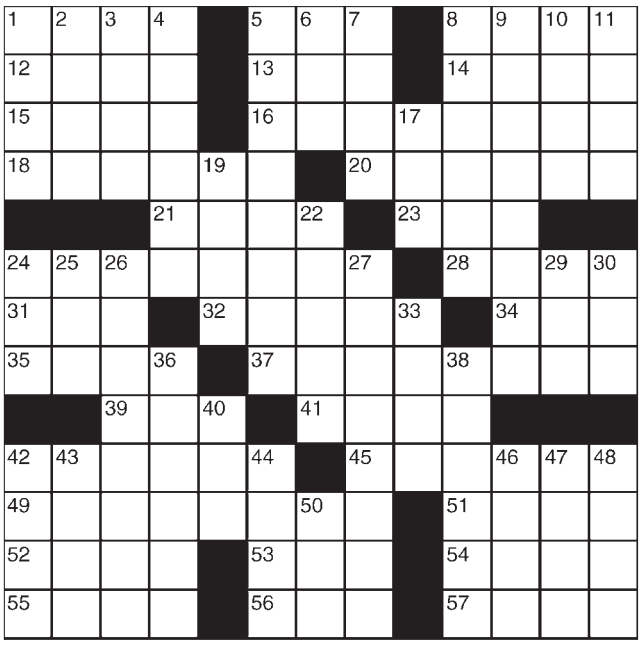

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		2		5	4			
		8	3			6		
			7				9	8
		9	6			1		3
	3						6	
8		5			1	4		
1	8				3			
		3			6	7		
			9	7		2		

Crossword across

1 Highway
5 Wrestling surface
8 Ego
12 Harvard rival
13 — Khan
14 Nastase of tennis fame
15 And others (Latin)
16 Insisted on
18 Cunning
20 Do relief work
21 Low card
23 Links standard
24 Bearing
28 Carvey or Delany
31 Eggs
32 Tea variety
34 "— Juan"
35 Stroll
37 Narrow-necked bottle
39 Party bowlful
41 Challenge
42 Weakness of a sort
45 Irritate
49 Obama, for one
51 Thailand, once
52 Needing a tiebreaker
53 Square root of IX
54 Opposed to
55 Infamous emperor
56 Joan of —
57 Encounter

Crossword down

1 Pumpernickels' kin
2 Inauguration recitation
3 Winged
4 Take out of context?
5 Put into a frenzy
6 Time of your life?
7 Domesticate
8 Mythical sailor
9 Site of fabulous wealth
10 False statements
11 Govt. agents
17 Intensify, with "up"
19 Gift concealer
22 Joined, as oxen
24 Wall Street name
25 Gabor or Peron
26 Seasickness
27 Conducive to courtship
29 Japanese drama
30 — Arbor, Mich.
33 Green land
36 What an obi accessorizes
38 Ship' s castoff
40 Snapshot
42 Mideast gulf
43 Actress Campbell
44 La Scala solo
46 Fork feature
47 Tardy
48 Send forth
50 Atmosphere

PREVIOUS DAY' S CROSSWORD AND SUDOKU ANSWERS:

E	W	E	■	S	A	F	E	■	B	R	O	W
L	O	P	■	I	B	E	X	■	R	U	D	E
K	N	E	E	D	E	E	P	■	A	M	E	N
S	T	E	R	N	A	■	L	A	W	■	■	■
■	■	■	G	E	M	■	A	S	L	E	E	P
A	L	L	O	Y	■	B	I	P	■	B	R	O
H	O	O	T	■	C	O	N	■	C	O	G	S
A	G	O	■	W	A	X	■	C	A	N	O	E
B	O	P	E	E	P	■	M	A	R	■	■	■
■	■	■	P	E	A	■	E	R	O	D	E	S
C	U	E	S	■	B	E	E	P	B	E	E	P
A	F	R	O	■	L	A	T	E	■	A	L	E
P	O	E	M	■	E	R	S	T	■	N	Y	C

7	6	9	5	4	2	3	8	1
1	2	5	9	3	8	4	6	7
8	4	3	7	6	1	9	5	2
4	1	6	8	7	3	2	9	5
9	7	2	6	5	4	1	3	8
5	3	8	2	1	9	7	4	6
2	8	1	3	9	6	5	7	4
3	5	4	1	8	7	6	2	9
6	9	7	4	2	5	8	1	3

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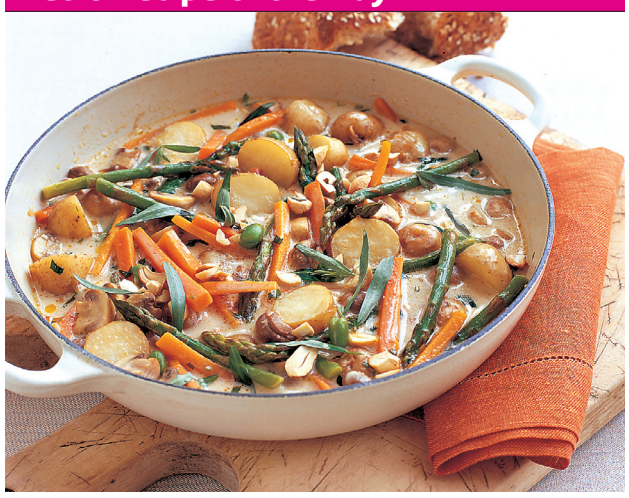
SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day



Creamy Vegetable Fricassee

INGREDIENTS:
1 tbsp (15 mL) olive oil
8 oz (250 g) carrots, peeled and cut into sticks
8 oz (250 g) new potatoes, scrubbed and halved or quartered (depending on size)
5 oz (150 g) button mushrooms, halved
1 2/3 cup (400 mL) diluted reduced-salt vegetable stock
2 tbsp (25 mL) dry white wine
2 tsp (10 mL) fresh tarragon or 1/2 tsp (2 mL) dried tarragon
1 cup (250 mL) frozen broad beans
5 oz (150 g) asparagus, trimmed
1/4 cup (175 mL) light sour cream
1/2 cup (125 mL) unsalted cashew nuts
1 tbsp (15 mL) fresh tarragon (optional)

METHOD:
1. Heat oil in large flameproof casserole dish over medium heat. Add carrots, potatoes and mushrooms, and cook, stirring frequently, about 4 minutes until lightly browned.
2. Pour in stock and white wine, and stir in tarragon. Bring to boil, then reduce heat, cover and simmer gently about 10 minutes until vegetables are almost cooked.
3. Stir in broad beans and lay asparagus on top. Cover and simmer for 6 minutes or until vegetables are tender.
4. Lift out vegetables onto plate, using slotted spoon. Stir sour cream into liquid in casserole dish and heat through gently, then season to taste. Return vegetables to casserole dish, coating with sauce. Scatter nuts and tarragon leaves (if using) over top,

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A rebel will lighten up. A deal is made but it won' t last forever. Eliminate weariness with exercise and vitamin.

TAURUS
APRIL 21-MAY 21
A lonely person must accept a love affair. Don' t be hostile when a tantrum is thrown. You' ll be absent-minded at night.

GEMINI
MAY 22-JUNE 21
A relative wants to get married. There' s only one way out of a situation. Professional changes are looming.

CANCER
JUNE 22-JULY 22
Your enthusiasm will affect gloomy people. A hypocritical female has lots of gossip. Your income becomes an issue.

LEO
JULY 23-AUG 23
Therapy is needed to improve family harmony. A scam artist is calm and reasonable. A self-improvement project may be excessive.

VIRGO
AUG 24-SEPT 22
Being overly idealistic with friends will create problems. Don't interfere in a street fight. You can create a remarkable change for the better.

LIBRA
SEPT 23-OCT 23
You' re rewarded for playing fairly. Make an effort to nurse someone back to health. A winning argument unsettles a leader.

SCORPIO
OCT 24-NOV 22
A man understands a dilemma. Somebody's unstable behaviour cramps your style. A parent needs professional support.

SAGITTARIUS
NOV 23-DEC 21
A guardian will grant someone's wishes. An understanding is reached with a prepared visitor. A failure to act is misunderstood.

CAPRICORN
DEC 22-JAN 20
A woman's unpredictability leads to feelings of rejection. Make an important purchase that you've put off. Avoid people who are overreacting.

AQUARIUS
JAN 21-FEB 18
People leading separate lives will come together. Don't be reluctant to part with gloomy villains. Don't do anything the hard way.

PISCES
FEB 19-MARCH 20
Be creative when pressured by money worries. Taking a cost-conscious approach will work best. Someone will trust your instincts.

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